

**LINDY COLLINS**

# **MEDITERRANEAN DIET**

**250+**

HEALTHY & WEIGHT LOSS  
FOCUSED RECIPES

**#1 28-DAY**

MEDITERRANEAN MEAL PLAN SYSTEM TO A  
HEALTHY AND GOOD-LOOKING PHYSIQUE  
**STEP-BY-STEP GUIDE**



# **MEDITERRANEAN DIET COOKBOOK FOR BEGINNERS**

250+ Healthy & Weight Loss  
Focused Recipes  
#1 28-Day Mediterranean Meal Plan  
System To A Healthy And Good-  
Looking Physique | Step-By-Step  
Guide

**By**  
**Lindy Collins**

# **© Copyright 2021 - All rights reserved.**

The content contained within this book may not be reproduced, duplicated, or transmitted without direct written permission from the author or the publisher.

Under no circumstances will any blame or legal responsibility be held against the publisher, or author, for any damages, reparation, or monetary loss due to the information contained within this book, either directly or indirectly.

## **Legal Notice**

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote, or paraphrase any part or the content within this book without the author or publisher's consent.

## **Disclaimer Notice**

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up-to-date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical, or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of the information contained within this document, including, but not limited to — errors, omissions, or inaccuracies.

# TABLE OF CONTENTS

**CHAPTER 1: THE BASICS**

**CHAPTER 2: WHY THE MEDITERRANEAN DIET?**

**CHAPTER 3: A SIMPLE SHOPPING LIST FOR THE MEDITERRANEAN DIET**

**CHAPTER 4: 21 DAYS MEAL-PLAN**

**Week One**

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

**Week Two**

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

**Week Three**

Day 1

[Day 2](#)

[Day 3](#)

[Day 4](#)

[Day 5](#)

[Day 6](#)

[Day 7](#)

## **CHAPTER 5: 250 STEP-BY-STEP GUIDED RECIPES**

### **Breakfast**

- [1. Hearty Breakfast Frittata w/Tomato Salad](#)
- [2. Chickpea & Potato Hash](#)
- [3. Panera Mediterranean Breakfast Sandwich](#)
- [4. Mediterranean Breakfast Casserole](#)
- [5. Mediterranean Egg White Breakfast Sandwich](#)
- [6. Mediterranean Scramble](#)
- [7. Moroccan Style Poached Eggs](#)
- [8. Healthy Mediterranean Veggie Omelette](#)
- [9. Greek Omelet](#)
- [10. Greek Scramble](#)
- [11. Creamy Cuban Fu Fu](#)
- [12. Roasted Asparagus Prosciutto & Egg](#)
- [13. Creamy Loaded Mashed Potatoes](#)
- [14. Greek Yogurt w/Berries & Seeds](#)
- [15. Greek Yogurt Parfait](#)
- [16. Waffled Falafel](#)
- [17. Yogurt Cheese](#)
- [18. Omelet Provencale](#)
- [19. Chili Cheese Omelet](#)
- [20. Chickpea Soup with Shrimp](#)
- [21. Strawberry Marmalade](#)
- [22. Potato and Zucchini Omelet](#)
- [23. Secret Breakfast Sundaes](#)
- [24. Banana Nut Oatmeal](#)
- [25. Greek Frittata w/Zucchini, Tomatoes, Feta, and Herbs](#)
- [26. Greek Yogurt Pancakes](#)
- [27. Mediterranean Tofu Scramble](#)
- [28. Mediterranean Scrambled Eggs w/Spinach, Tomato, and Feta](#)
- [29. Avocado Breakfast Sandwiches](#)
- [30. Baked Mediterranean Frittata](#)

## **Snacks and Sides**

- [31. Meatballs Platter](#)
- [32. Yogurt Dip](#)
- [33. Tomato Bruschetta](#)
- [34. Artichoke Flatbread](#)
- [35. Red Pepper Tapenade](#)
- [36. Coriander Falafel](#)
- [37. Red Pepper Hummus](#)
- [38. White Bean Dip](#)
- [39. Hummus with Ground Lamb](#)
- [40. Eggplant Dip](#)
- [41. Veggie Fritters](#)
- [42. Bulgur Lamb Meatballs](#)
- [43. Cucumber Bites](#)
- [44. Stuffed Avocado](#)
- [45. Wrapped Plums](#)
- [46. Cucumber Sandwich Bites](#)
- [47. Olives and Cheese Stuffed Tomatoes](#)
- [48. Cucumber Rolls](#)
- [49. Tomato Salsa](#)
- [50. Chili Mango and Watermelon Salsa](#)
- [51. Creamy Spinach and Shallots Dip](#)
- [52. Feta Artichoke Dip](#)
- [53. Avocado Dip](#)
- [54. Goat Cheese and Chives Spread](#)

## **Soups and Stews**

- [55. Greek White Bean Soup with Orange Slices and Olive Oil](#)
- [56. Chicken Leek Soup With White Wine](#)
- [57. Italian Turkey Meatball Soup Recipe](#)
- [58. Slow Cooker Rosemary and Red Pepper Chicken](#)
- [59. Greek Easter Lamb Soup with Egg Lemon Sauce](#)
- [60. Tuscan White Bean Soup with Sausage and Kale](#)
- [61. Zucchini Basil Soup with Lemon](#)
- [62. Orange Lentil Soup](#)
- [63. Shrimp & Cod Stew In Tomato-Saffron Broth](#)
- [64. Tuscan White Bean Stew](#)
- [65. Cauliflower Soup with Cream](#)
- [66. Gorgeous Kale Soup Made with the White Bean](#)

- [67. Refreshing Chorizo Soup](#)
- [68. Mediterranean Bean and Sausage Soup](#)
- [69. Mediterranean Chicken Soup](#)
- [70. Chicken Sausage Minestrone](#)
- [71. Delicious Meatball Soup for the Spanish](#)
- [72. Special Orzo Soup](#)
- [73. One Hour Fennel Soup](#)

## **Salads**

- [74. Simple Mixed Herb Salad](#)
- [75. Delicious Bread Salad](#)
- [76. Cucumber Salad Japanese Style](#)
- [77. Pear Salad with Creamy Yogurt Dressing](#)
- [78. Anchovy and Orange Salad](#)
- [79. Mediterranean Potato Salad](#)
- [80. Easy Grilled Chicken Salad](#)
- [81. Mixed Cherry Chickpea Salad](#)
- [82. Grilled Eggplant Pasta Salad](#)
- [83. Mixed Green Salad with Olives and Sherry Dressing](#)
- [84. Orange Endive Salad](#)
- [85. Yogurt Romaine Salad](#)
- [86. Red Bean Mixed Green Salad](#)
- [87. Savoy Cabbage Salad](#)
- [89. Caramelized Onion Broccoli Salad](#)
- [90. Asparagus Couscous Salad](#)
- [91. Grilled Feta Spinach Salad](#)
- [92. Smoky Eggplant Balsamic Salad](#)
- [93. Parmesan Parsley Couscous Salad](#)

## **Fish and Seafood**

- [94. Easy Grilled Fish](#)
- [95. Cod & Green Bean Dinner](#)
- [96. Mediterranean Shrimp Salad](#)
- [97. Kale & Tuna Bowl](#)
- [98. Salmon Salad Wraps](#)
- [99. Tuna Sandwiches](#)
- [100. Garlic & Orange Shrimp](#)
- [101. Scallops with Peppers](#)
- [102. Grilled Marinated Shrimp](#)



- [103. Grilled Salmon](#)
- [104. Cedar Planked Salmon](#)
- [105. Broiled Tilapia Parmesan](#)
- [106. Fish Tacos](#)
- [107. Grilled Tilapia with Mango Salsa](#)
- [108. Seafood Linguine](#)
- [109. Blackened Salmon Fillets](#)
- [110. Seafood Enchiladas](#)
- [111. Cajun Seafood Pasta](#)
- [112. Seafood Stuffing](#)
- [113. Scrumptious Salmon Cakes](#)
- [114. Easy Tuna Patties](#)
- [115. Heather's Grilled Salmon](#)
- [116. Brown Butter Perch](#)
- [117. Red Snapper Veracruz](#)
- [118. Baked Seafood Au Gratin](#)

## **Vegetarian**

- [119. Chickpea Pasta Salad](#)
- [120. Barley & Mushroom Soup](#)
- [121. Bean Lettuce Wraps](#)
- [122. Easy Lentil & Rice Bow](#)
- [123. Chickpea Pita Patties](#)
- [124. Mushrooms with Soy Sauce Glaze](#)
- [125. California Grilled Vegetable Sandwich](#)
- [126. Delicious Sweet Potato Casserole](#)
- [127. Light and Fluffy Spinach Quiche](#)
- [128. Hot Artichoke and Spinach Dip](#)
- [129. Harvest Salad](#)
- [130. Spicy Bean Salsa](#)
- [131. Sweet Potato Casserole Dessert](#)
- [132. Cranberry Sauce](#)
- [133. Vegetarian Meatloaf](#)
- [134. Vegetarian Kale Soup](#)
- [135. Vegetarian Chili](#)

## **Meat**

- [136. Simple/Aromatic Meatballs](#)
- [137. Salsa Pulled Pork](#)



[138. Juiciest Bacon Strips](#)  
[139. Rosemary Broccoli Pork](#)  
[140. Pork with Vegetables](#)  
[141. Tantalizing Beef Jerky](#)  
[142. Beef Kofta](#)  
[143. Ground Lamb with Lentils and Pomegranate Seeds](#)  
[144. Lamb Meatballs](#)  
[145. Mediterranean Chimichurri Skirt Steak](#)  
[146. Roasted Pork Asparagus and Tomatoes](#)  
[147. Herb Roasted Lamb Chops](#)  
[148. Vegetables Lamb Shanks](#)  
[149. Mediterranean Beef](#)  
[150. Beef and Pasta](#)  
[151. Steak and Veggies](#)  
[152. Pork Souvlaki](#)  
[153. Blue Cheese Topped Pork Chops](#)  
[154. Pork Tenderloin with Greek Salad](#)  
[155. Pork Strips with Cumin and Sweet Paprika](#)  
[156. Lemon Garlic Pork Loin with Zucchini and Pepper](#)  
[157. Pulled Pork Gyros](#)  
[158. Albondigas \(Spanish Meatballs\)](#)  
[159. Beef and Polenta](#)  
[160. Beef Stew](#)  
[161. Flank Steak and Blue Cheese Wraps](#)  
[162. Lamb and Vegetable Bake](#)  
[163. Lamb Couscous](#)  
[164. Pork and Cannellini Bean Stew](#)  
[165. Pork Loin in Dried Fig Sauce](#)  
[166. Stuffed Flank Steak](#)  
[167. Marsala Pork Chops with Figs](#)  
[168. Pomegranate-Glazed Lamb Shanks](#)  
[169. Stuffed Peppers](#)  
[170. Tuscan Steak with Salsa Verde](#)  
[171. Pork Loin Gremolata](#)  
[172. Roast Pork Tenderloin](#)  
[173. Greek Kebabs](#)  
[174. Beef and Wild Mushroom Stew](#)  
[175. Afelia](#)  
[176. Pork Fillet with Spinach and Mozzarella](#)

[177. Pork Chops with Summer Veggies and Garlic Tomatoes](#)

[178. Beef Toss](#)

[179. Provencal Beef Daube](#)

[180. Sirloin Ribbons](#)

## **Pasta**

[181. Pasta Fazool \(Pasta e Fagioli\)](#)

[182. Pasta Orecchiette Pasta](#)

[183. Shrimp Scampi with Pasta](#)

[184. Pasta Salad with Chicken Club](#)

[185. Sausage Pasta](#)

[186. Pomodoro Pasta](#)

[187. Tomato Cream Sauce](#)

[188. Fra Diavolo Pasta Sauce](#)

[189. Ranch Bacon Pasta Salad](#)

[190. Alfredo Peppered Shrimp](#)

[191. Bow Ties with Sausages, Tomatoes, & Cream](#)

[192. Penne with Spicy Vodka Tomato Cream Sauce](#)

[193. Pesto with Basil and Spinach](#)

[194. Milanese Chicken](#)

[195. One Pan Orecchiette Pasta](#)

[196. Rustic Pasta](#)

[197. Creamy Cajun Chicken Pasta](#)

## **Bread and Pizza**

[198. Bread Machine Pizza Dough](#)

[199. Grilling Dough](#)

[200. Pizza Crust](#)

[201. Dill & Parmesan Flatbread](#)

[202. Pizza Buns](#)

[203. Brick Oven Pizza \(Brooklyn Style\)](#)

[204. Valentine Pizza](#)

[205. Pizza Muffins](#)

[206. Pita Pizza](#)

[207. Pub Pizza](#)

[208. Alfredo Chicken Pita Pizza](#)

[209. Miniature Pizzas](#)

[210. Easy Pizza with a Pinch](#)

[211. Pesto Pita Pizza](#)

- [212. Veggie Pita Pizza](#)
- [213. Mini Pizzas with Arugula & Hummus](#)
- [214. Grilled Buffalo Chicken Pizza](#)
- [215. Reuben Pizza](#)
- [216. White Pizza](#)

## **Dessert**

- [217. Banana Strawberry Popsicles](#)
- [218. Chocolate Mousse](#)
- [219. Creamy Yogurt Banana Bowls](#)
- [220. Chocolate Baklava](#)
- [221. Orange-Glazed Fruit and Ouzo Whipped Cream](#)
- [222. Tiny Orange Cardamom Cookies](#)
- [223. Classic Baklava](#)
- [224. Apricots and Mascarpone Cream](#)
- [225. Minty Orange Greek Yogurt](#)
- [226. Pasta Flora or Greek Tart with Apricot Jam](#)
- [227. Frozen Strawberry Greek Yogurt](#)
- [228. Hazelnut-Orange Olive Oil Cookies](#)
- [229. Greek Cheesecake](#)
- [230. Watermelon-Strawberry Rosewater Yogurt Panna Cotta](#)
- [231. Mascarpone and Ricotta Stuffed Dates](#)
- [232. Mediterranean Stuffed Custard Pancakes](#)
- [233. Mediterranean Cheesecake](#)
- [234. Traditional Ekmek Kataifi](#)
- [235. Flaky Coconut Pie](#)
- [236. Toasted Almond Biscotti](#)
- [237. Greek Rice Pudding](#)
- [238. Sesame Seed Crackers](#)
- [239. Avocado & Sweet Potato Cupcakes](#)
- [240. Vasilopita Cake](#)
- [241. Honey Crisps](#)
- [242. Spanish Cartons](#)
- [243. Classic Cannoli's](#)
- [244. Doughnut Holes](#)
- [245. Sweet Ricotta-Filled Sandwiches](#)
- [246. Ricotta Cheese Fruit Bake](#)
- [247. Anginetti Lemon Cookies](#)
- [248. Mediterranean Bread Pudding](#)

[249. Walnut Crescent Cookies \(makes about 20 cookies\)](#)

[250. Glazed Mediterranean Puffy Fig](#)

# CHAPTER 1

## THE BASICS



**T**he food we eat contributes to our long-term health. Eating unhealthy foods cause many health problems, including some severe heart-related diseases, so the diet you adopt should be chosen carefully. Eating food as per the Mediterranean diet is one of the healthiest diet patterns in the world. It is an eating pattern that focuses on eating whole foods full of fantastic flavor. It is a diet abundant in whole grains, fruits, vegetables, olive oil, and legumes. It features the protein. The Mediterranean diet is one of the well-known diets worldwide, and it is not that kind of diet that just focuses on losing weight. It is about a healthy lifestyle that is capable of being more sustainable. The Mediterranean diet includes healthy and traditional living habits of the countries bordering the Mediterranean Sea, like Greece, Morocco, France, Italy, Spain, etc.

The diet might vary by region and country so that it might have a little variation. However, it mainly consists of a sufficient intake of legumes, vegetables, fruits, beans, nuts, grains, fish, and olive oil. It includes a low intake of meat and dairy foods. There are numerous benefits associated with this diet, like a healthy heart. Those who consume healthy fats, fish, and whole grains not only experience decreased heart risks, depression, and dementia. According to the Mediterranean diet, eating leaves little space for processed foods and unhealthy junk, leading to issues like being obese and overweight. Here are given some interesting facts about your Mediterranean diet:

You do not need to have a calculator for this diet. Instead of struggling with the numbers, all you have to do is swap the bad fats with the healthy ones. Choose olive oil. Replace meat with fish, and enjoy the fresh fruit instead of sugary and fancy desserts. Eat flavorful beans and veggies. Nuts are one of the best options to include in your diet, but just a handful per day. Choose whole-grain food, but that too in a moderate quantity.

- The Mediterranean diet includes a lot of fresh food. The main focus is the seasonal food that is simple and mouth-watering in many ways. Building a yummy and delicious salad from cucumbers, tomatoes, and spinach will make your day. Add the Greek ingredients, such as feta cheese and black olives in your recipes. You can enjoy colorful and veggie-filled recipes with minimum effort.
- Replacing white grains with whole grains will do a lot for you. It has more minerals and protein. It is a healthier option. Try to use it with olive oil, tahini, or hummus.

- Eat healthier fats. You can easily find them in nuts, olive oil, and olives. These fats are not saturated like those found in processed foods. They add flavor. You can fight various diseases, from cancer to diabetes.
- Cilantro, bay leaves, cinnamon, coriander, garlic, rosemary, and pepper add flavor to your meals. Most of them have numerous health benefits, as well. Rosemary and coriander have nutrients and antioxidants that help in disease-fighting.
- Exercise plays a crucial part in any diet plan. Physical activity daily is encouraged during your Mediterranean diet. Try to attain the target from moderate to a vigorous weekly exercise. These exercises include walking, biking, and swimming. The activities that increase the heart rate are recommended. Choose those exercises, which give you enjoyment too.



## **CHAPTER 2**

# **WHY THE MEDITERRANEAN DIET?**

**C**onsuming the Mediterranean diet minimalizes the use of processed foods. It has been related to a reduced level of risk in developing numerous chronic diseases. It also enhances life expectancy. Several kinds of research have demonstrated many benefits in preventing cardiovascular disease, atrial fibrillation, breast cancer, and type 2 diabetes. Many pieces of evidence indicated a pattern that leads to low lipid, reduction in oxidative stress, platelet aggregation, and inflammation, and modification of growth factors and hormones involved in cancer.

### **Reduces Heart Diseases**

According to research studies, the Mediterranean diet, which focuses on omega-3 ingredients and mono-saturated fats, reduces heart disease risk. It decreases the chances of cardiac death. The use of olive oil maintains the blood pressure levels. It is suitable for reducing hypertension. It also helps in combating the disease-promoting impacts of oxidation. This diet discourages the use of hydrogenated oils and saturated fats, which can cause heart disease.

### **Weight-loss**

If you have been looking for diet plans for losing weight without feeling hungry, the Mediterranean diet can give you long term results. It is one of the best approaches. It is sustainable as it provides the most realistic approach to eat to feel full and energetic. This diet mostly consists of nutrient-dense food. It gives enough room for you to choose between low-carb and lower protein food. Olive oil consumed in this diet has antioxidants, natural vitamins,

and some crucial fatty acids. It all improves your overall health. The Mediterranean diet focuses on natural foods, so there is very little room for junk and processed foods contributing to health-related issues and weight gain.

Most people trying the Mediterranean diet have gained positive results in cutting their weight. It is a useful option for someone looking forward to weight-loss as it provides the most unique and simple way to lose the overall calories without even changing your lifestyle that much. When you try to decrease calorie intake, losing weight is inevitable dramatically, but it will not benefit you. It will cause many health problems for you, including severe muscle loss. When you go for a Mediterranean diet, the body moves towards a sustainable model that burns calories slowly. Therefore, it is crucial to practice the right approach and choose fat burning and more effective weight loss.

### **Prevents Cancer**

The cornerstone of this diet is plant-based ingredients, especially vegetables and fruits. They help in preventing cancer. A plant-based diet provides antioxidants that help in protecting your DNA from damage and cell mutation. It also helps in lowering inflammation and delaying tumor growth. Various studies found that olive oil is a natural way to prevent cancer. It also decreases colon and bowel cancers. The plant-based diet balances blood sugar. It also sustains a healthy weight.

### **Prevents Diabetes**

Numerous studies found that this healthy diet functions as an anti-inflammatory pattern, which helps fight the diseases related to chronic inflammation, Type 2 diabetes, and metabolic syndrome. It is considered very effective in preventing diabetes as it controls the insulin levels, which is

a hormone to control the blood sugar levels and causes weight gain. Intake of a well-balanced diet consisting of fatty acids alongside some healthy carbohydrates and proteins is the best gift to your body. These foods help your body in burning fats more efficiently, which also provides energy. Due to the consumption of these kinds of foods, the insulin resistance level becomes non-existent, making it impossible to have high blood sugar.

### **Anti-aging**

Choosing a Mediterranean diet without suffering from malnutrition is the most efficient and consistent anti-aging intervention. It undoubtedly expands lifespan, according to the research. The study found that the longevity biomarkers, i.e., body temperature and insulin level, and the DNA damage decreased significantly in humans by the Mediterranean diet. Other mechanisms also prove the claim made by researchers in explaining the anti-aging effects of adopting the Mediterranean diet, including reduced lipid peroxidation, high efficiency of oxidative repair, increased antioxidant defense system, and reduced mitochondrial generation rate.

### **Maintains Blood Sugar Level**

The Mediterranean diet focuses on healthy carbs and whole grains. It has a lot of significant benefits. Consumption of whole-grain foods, like buckwheat, quinoa, and wheat berries instead of refined foods, helps you maintain blood sugar levels that ultimately give you enough energy for the whole day.

### **Enhances Cognitive Health**

The Mediterranean diet helps in preserving memory. It is one of the most useful steps for Alzheimer's treatment and dementia. Cognitive disorders occur when our brains do not get sufficient dopamine, which is a crucial chemical vital for

mood regulation, thought processing, and body movements. Healthy fats like olive oil and nuts are good at fighting cognitive decline, mostly an age-related issue. They help counter some harmful impacts of the free radicals, inflammation, and toxins caused by having a low diet. The Mediterranean diet proves to be beneficial in decreasing the risk of Alzheimer's to a great extent. Foods like yogurt help in having a healthy gut that improves mood, cognitive functioning, and memory.

### **Better Endurance Level**

Mediterranean diet helps in fat loss and maintains muscle mass. It improves physical performance and enhances endurance levels. Research done on mice has shown positive results in these aspects. It also improves the health of our tissues in the long-term. The growth hormone also offers increased levels due to the Mediterranean diet, which ultimately helps improve metabolism and body composition.

### **Keeps You Agile**

The nutrients from the Mediterranean diet reduce your risk of muscle weakness and frailty. It increases longevity. When your risk of heart disease reduces, it also reduces the risk of early death. It also strengthens your bones. Certain compounds found in olive oil help in preserving bone density. It helps increase the bone cells' maturation and proliferation—dietary patterns of the Mediterranean diet help prevent osteoporosis.

### **Healthy Sleep Patterns**

Our eating habits have a considerable impact on sleepiness and wakefulness. Some Mediterranean diet believers have reported an improved sleeping pattern as a result of

changing their eating patterns. It has a considerable impact on your sleep because they regulate the circadian rhythm that determines our sleep patterns. If you have a regulated and balanced circadian rhythm, you will fall asleep quite quickly. You will also feel refreshed when you wake up. Another theory states that having the last meal will help you digest the food way before sleep. Digestion works best when you are upright.

Apart from focusing on plant-based eating, the Mediterranean diet philosophy emphasizes variety and moderation, living a life with perfect harmony with nature, valuing relationships in life, including sharing and enjoying meals, and having an entirely active lifestyle. The Mediterranean diet is at the crossroads. With the traditions and culture of three millennia, the Mediterranean diet lifestyle made its way to the medical world a long time ago. It has progressively recognized and became one of the successful and healthiest patterns that lead to a healthy lifestyle.

Besides metabolic, cardiovascular, cognitive, and many other benefits, this diet improves your life quality. Therefore, it is recommended today by many medical professionals worldwide. Efforts are being made in both non-Mediterranean and Mediterranean populations to make everyone benefit from the fantastic network of eating habits and patterns that began in old-time and which became a medical recommendation for a healthy lifestyle.

# CHAPTER 3

## A SIMPLE SHOPPING LIST FOR THE MEDITERRANEAN DIET

**Extra virgin and virgin olive oils:** These will be the least processed and refined versions of olive oil on the market. They will contain the highest level of plant compounds called “Phenols” that act as antioxidants in the body. It might be a little pricier than the oil you used before, but it’s well worth it when you’re aware of the health benefits you will gain! This will be your go-to when it comes to cooking, frying, seasoning, and as the base of your salad dressings. Remember, less is more!

**Vegetables:** You have pretty much free rein with vegetables though if you can stick to low-calorie ones, that's even better for your weight loss goals. Vegetables like zucchini, mushrooms, cabbage, cauliflower, bell pepper, and spinach are low in calories, but are still very filling and high in fiber. Try new vegetables and eating them in different ways, like a green smoothie or different salad combinations, so you don’t get bored. Try to buy in-season items, so you can save yourself some money!

**Fruits:** Fruits are encouraged and are great as a healthy substitute dessert to treat yourself to. Figs and pomegranates are native to the Mediterranean area, but any fruit will do! Be sure to include various colorful fruits and vegetables, which allow you to have a diverse range of essential vitamins and minerals. If you have diabetes, try and consume fruits that are low on the glycemic index, such as oranges, apples, grapefruits, pears, or plums.

**Legumes & beans:** These are a great hidden source of protein, often overlooked in the West in favor of red meat or

poultry items. Thankfully, the Mediterranean diet urges you to try different variations of protein sources! These are great to experiment with, whether it's black beans, kidney beans, chickpeas, or lentils. Don't forget hummus! These are packed with fiber as well, so they allow you to feel full for longer. Be sure you drink plenty of water to avoid constipation!

**Whole-grain bread and cereal:** Whether it's rice, barley, oats, leek rice, quinoa, whole grain pasta, or whole grain bread, you want to be sure you are focused on whole grains that are healthier rather than refined or processed grains. The same goes for cereal. Be sure you read the label and ensure the product is made from whole grain starches and are not processed into refined products. Ezekiel bread is whole grain bread made with no sugar. One slice is packed with fiber and contains only 80 calories! The trick with whole grains is that you can eat a smaller portion than you would with refined wheat products, but stay full longer. These are also low on the glycemic index scale, which makes them safe for diabetes patients.

**Nuts & seeds:** This includes items like cashews, pistachios, walnuts, sunflower seeds, pine nuts, flax seeds, almonds, and other nuts, which may be your favorites. Keep these as a healthy snack throughout the day, but be sure to avoid the chocolate-covered or salted versions, which are unhealthy. You want to stick to the raw nuts. Chia seeds are also tiny, but mighty! In just two tablespoons, you can have 11 grams of fiber! These are great to add to a smoothie or topping on oatmeal or cereal to fill you up. The great thing is they're almost flavorless so that anyone can incorporate them into their meals!

**Low-fat dairy:** If you are used to dairy products in your diet, you don't have to cut them out entirely, but you should switch to low-fat versions. Use fat-free yogurt or low-fat



cheese, and switch to skim or reduced-fat milk. You want most of your daily calories to come from healthy cheeses like Feta, brie, Greek yogurt, or Parmesan on the Mediterranean diet.

**Herbs & spices:** These are great to season your food with and add a tremendous distinct flavor other than salt. You can try using fresh herbs like rosemary and parsley though they may not last as long in your refrigerator. You can always start a windowsill herb garden, which is easy to maintain! If not, don't be intimidated, and feel free to use dried herbs from the spice aisle. Experiment with new flavors that will enhance your flavor profile. Fresh garlic and ginger are also great flavor enhancers and considered essentials of Greek and Mediterranean cuisine. They have multiple health benefits and pack your meals with flavor.

Excludes:

**Red meat:** As we mentioned, you want to go light on red meat portions when shopping for your Mediterranean diet. If you want to get a few portions, be sure they're smaller sized and lean meat cuts with less fat.

Try to have it once a week and keep an eye on your portion size. Also, avoid high-fat processed meats like pre-made sausages or hot dogs, loaded with preservatives and high in sodium. These can cause inflammation in the body.

**Poultry:** Again, you want to use poultry in your diet less often than you would on other diets. More lean cuts with less fat can be used now and then as long as you have smaller portions. For the most part, try and substitute your red meat and poultry meals with fish or seafood, although it's okay to have them once in a while during the week. Turkey or duck would be a healthier alternative to chicken because they contain less fat.

**Refined grains:** These include things like bagels, cereal, or white bread that we might previously consider staples in our diet. On the other hand, these should be excluded from your shopping list unless you have verified that the cereals, pasta, or bread are whole grain certified products.

**Sugars:** That means skipping things like candy, chocolate, ice cream, sugary juices, and sodas! Instead, try and treat yourself to berries or fruit as a sweet treat, or enhance your water with lemon or mint leaves for more flavor. Get used to the habit of having natural sugars in fruit as a dessert instead of wanting unhealthy baked goods.

**Trans or saturated fats:** Exclude things like butter or margarine, which contain unhealthy saturated fats. You want to substitute any unhealthy oils like canola oil or vegetable oil with the healthier option of extra virgin olive oil. You want to use this in your cooking, frying, and as your vinaigrettes' main component.

**Highly processed foods:** These should be avoided on the Mediterranean diet. The rule of thumb should be if it comes in a box, you can't have it! That's because food that tends to be marked as "Low-fat" or "Diet-friendly" is very processed and unhealthy for you. Instead of eating those empty calories, focus on what you can eat as a filling snack like some of the items we mentioned above.

# **CHAPTER 4**

## **21 DAYS MEAL-PLAN**

### **Week One**

#### **Day 1**

##### **Breakfast**

##### **Morning Egg Sandwiches**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

##### **Ingredients:**

5 oz whole-grain bread

One tablespoon sunflower seeds butter

¼ teaspoon salt one avocado pitted

##### **Four eggs Directions:**

1. Slice the bread into eight slices.
2. Preheat a skillet and add the sunflower seeds butter and melt it well. Beat the eggs in the skillet and sprinkle them with the salt.
3. Chop the avocado into medium cubes and mash it well. Spread the bread slices with the avocado mash.
4. When the eggs are cooked, cool them a little and place them on top of the bread slices to make the sandwiches.
5. Serve the dish immediately.

**Nutrition:** calories: 275, Fat: 17.7g, Total Carbs: 21.7g, sugars: 3.2g, Protein: 11.1g

## **Lunch**

### **Falafel Bowls with Tahini Sauce**

**Preparation Time:** 20 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

#### **Ingredients:**

1 package or eight ounces of frozen prepared falafel a two-thirds cup of water

½ of whole-wheat couscous

One bag or sixteen ounces of fresh and steam-in-bag green beans Half cup of Tahini Sauce

Half cup of pitted Kalamata olives

One-fourth cup of crumbled feta cheese

#### **Directions:**

1. Put water in a saucepan and stir in couscous. Cover and then remove from the heat.
2. Allow standing until the liquid is absorbed. Wait for 6 minutes. After which, fluff and set aside.
3. Prepare the green beans and tahini sauce.
4. Divide the portion into 4 small containers and refrigerate. Divide green beans into 4 serving containers.
5. Top every container with half cup couscous, 1/4th falafel, and one tsp. of olives and Feta.
6. Refrigerate for four days after sealing it.
7. While serving, reheat it in a microwave for two minutes. Right before eating, garnish it with tahini sauce.

**Nutrition:** Calories: 500 Protein: 15 G Fat: 727G Carbs: 55 G

## **Dinner**

### **Mushroom and Cheese Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 2

#### **Ingredients:**

cup cremini mushrooms, chopped 1 cup Cheddar cheese, shredded

cups of water

½ teaspoon salt

One teaspoon dried thyme

½ teaspoon dried oregano

One tablespoon fresh parsley chopped one tablespoon olive oil

bell pepper, chopped

#### **Directions:**

1. Pour olive oil into the pan.
2. Add mushrooms and bell pepper. Roast the vegetables for 5 minutes over medium heat.
3. Then sprinkle them with salt, thyme, and dried oregano. Add parsley and water. Stir the soup well.
4. Cook the soup for 10 minutes.
5. After this, blend the soup until it is smooth and simmer it for 5 minutes more.
6. Add cheese and stir until melted.
7. Ladle the cooked soup into the bowls. It is recommended to serve soup hot.

**Nutrition:** Calories 320, Fat 26, Fiber 1.4, Carbs 7.4, Protein 15.7

## Day 2

### Breakfast

#### Quinoa Bowl

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 6

#### Ingredients:

2 cups quinoa

1 cup blueberries

cup coconut milk, unsweetened 2 cups water

tablespoons almonds

teaspoon pistachio

tablespoons honey

#### Directions:

1. Combine the coconut milk and water in the saucepan and stir the liquid well.
2. Add the quinoa and close the lid.
3. Cook the mixture on medium heat for 5 minutes.
4. Wash the blueberries carefully and add them to the quinoa mixture. Stir it carefully and continue to cook.
5. Combine the pistachio and almonds and crush the nuts.
6. Sprinkle the quinoa with the crushed nuts and cook the mixture for 3 minutes more.
7. Add honey and stir the mixture carefully until the honey has dissolved. Transfer to serving bowls and enjoy.

8. Enjoy!

**Nutrition:** Calories: 348, Fat: 14.1g, Total Carbs: 48.3g, Sugars: 9.6g, Protein: 9.6g

## **Lunch**

### **Spinach and Egg Scramble with Raspberries**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 1

#### **Ingredients:**

One tp of canola oil

½ cups of baby spinach

Two eggs, large and lightly beaten

Kosher salt, a pinch. ground pepper, a pinch

1 slice of whole-grain toasted bread

½ cup of fresh and delicate raspberries

#### **Directions:**

1. Put the oil in a non-stick pan at medium-high temperature. Add spinach.
2. Cleanly wipe the skillet and add eggs.
3. Stir and cook twice to ensure even-cooking for about 2 minutes, Stir the spinach and add salt and pepper.
4. Garnish with raspberries and toast.

**Nutrition:** Calories: 296, Protein: 18 G Fat: 16 G Carbs: 21 G

## **Dinner**

### **Parmesan Tomato Soup**



**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

½ cup tomatoes, chopped one tablespoon tomato paste,  
one teaspoon garlic, diced cups beef broth

1 teaspoon chili pepper 2 oz Parmesan, grated

1/3 cup fresh cilantro, chopped 2 potatoes, chopped

**Directions:**

1. Mix up together tomatoes and tomato paste and transfer the mixture to the pan.
2. Add garlic and beef broth.
3. Add chopped potatoes and chili pepper.
4. Boil the ingredients for 15 minutes or until the potato is soft.
5. Then blend the mixture with the help of the hand blender or in the food processor.
6. Add chopped cilantro and simmer the soup for 5 minutes.
7. Ladle the cooked soup in the serving bowls and top every bowl with Parmesan generously.

**Nutrition:** Calories 148, Fat 3.9, Fiber 3.1, Carbs 19.8, Protein 9.2

## **Day 3**

### **Breakfast**

#### **Sweet Oatmeal**

**Preparation Time:** 5 minutes

**Cooking Time:** 10 minutes

**Servings:** 3

**Ingredients:**

1 cup oatmeal

5 apricots

1 tablespoon honey

1 cup coconut milk, unsweetened 1 teaspoon cashew butter

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  cup of water

**Directions:**

1. Combine the coconut milk and oatmeal in the saucepan and stir the mixture.
2. Add the water and stir it again. Sprinkle the mixture with the salt and close the lid.
3. Cook the oatmeal on medium heat for 10 minutes.
4. Meanwhile, chop the apricots into tiny pieces and combine the chopped fruit with the honey.
5. When the oatmeal is cooked, add cashew butter and fruit mixture. Stir carefully and transfer to serving bowls.
6. Serve immediately.

**Nutrition:**

Calories: 336, Fat: 21.2g, Total Carbs: 35.1g, Sugars: 14.0g, Protein: 6.2g

**Lunch****Mediterranean Lettuce Wraps**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 3

**Ingredients:**

$\frac{1}{4}$  cup of tahini

¼ cup of olive e.v.o.

1 teaspoon of lemon zest

¼ cup of lemon juice

One and a half tablespoon of pure maple syrup, three fourth  
tablespoon of kosher salt

Half tablespoon of paprika

Two cans (15 ounces) of rinsed chickpeas, a no-salt-added  
Half cup of sliced and roasted red pepper - drained and  
jarred

½ cup of thin shallots

12 leaves of Bibb lettuce

¼ cup of almonds, roasted and chopped Two tsp. of fresh  
parsley, chopped

### **Directions:**

1. Fray lemon zest, tahini, oil, maple syrup, lemon juice, paprika in a bowl.
2. Then add peppers, chickpeas, and shallots. Now, toss for coating.
3. After this, divide this mixture among the lettuce leaves (say about one-third cup for every portion).
4. Top with parsley and almonds. Before serving, wrap lettuce leaves around this filling for proper garnishing.

**Nutrition:** Calories: 498 Protein: 16 G Fat: 28 G, Carbs: 44  
G

### **Dinner**

### **Merrimack**

**Preparation Time:** 7 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

**Ingredients:**

1 cup red lentils  
3 tablespoons sunflower oil 1 teaspoon pepper paste  
½ teaspoon chili pepper  
½ teaspoon chili flakes  
½ teaspoon salt 1 teaspoon butter  
½ teaspoon paprika  
½ teaspoon ground black pepper 4 cups of water  
1 green pepper, chopped 2 potatoes, finely chopped

**Directions:**

1. Put butter in the pan and melt it.
2. Add chopped pepper and potatoes and roast the vegetables for 5 minutes over medium heat. Stir them occasionally.
3. After this, add water, lentils, ground black pepper, paprika, salt, chili flakes, chili pepper, pepper paste, and oil. Stir the ingredients with the help of the spoon.
4. Close the lid and cook soup for 35 minutes over medium heat. The cooked soup should have a tender puree texture.

**Nutrition:** Calories 354, Fat 12.2, Fiber 18, Carbs 47.7, Protein 14.6

**Day 4****Breakfast****Green Beans and Eggs**

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 2

**Ingredients:**

½ cup green beans

¼ teaspoon salt 5 eggs

1/3 cup skim milk

1 bell pepper, seeds removed 1 teaspoon olive oil

**Directions:**

1. Slice the bell pepper and combine it with the green beans.
2. Pour the olive oil into a skillet and transfer the vegetable mixture to the skillet. Cook on medium heat for 3 min., stirring frequently.
3. Meanwhile, beat the eggs in a mixing bowl.
4. Sprinkle the egg mixture with the salt and add skim milk. Whisk well.
5. Pour the egg over the vegetable and cook for 3 minutes on medium heat.
6. Stir the mixture carefully so that the eggs and vegetables are well combined. Cook for 4 minutes more.
7. Stir again and close the lid.
8. Cook the scrambled eggs for 5 minutes more. Stir the mixture again.
9. Serve it.

**Nutrition:**

Calories: 231, Fat: 13.4g, Total Carbs: 9.3g, Sugars: 6.2g, Protein: 16.3g

**Lunch****Pressed Tuna Sandwich**

**Preparation Time:** 40 minutes

**Cooking Time:** 2 hours and 40 minutes

**Servings:** 4

**Ingredients:**

½ cup of red onion, thinly sliced  
5 teaspoons. of divided red-wine vinegar, divided  
2 tsp. of hot water  
12 -inch of the crusty country loaf,  
2 tsp. Of e.v.o. One tsp. of Dijon mustard  
½ teasp. of pepper, ground One-fourth tsp. of salt  
2 cans or five ounces of chunk and drained light tuna, oil-packed  
One cup of baby arugula, packed  
1 cup of English cucumber, thinly sliced One cup of radishes, thinly sliced  
1 cup of cherry tomatoes  
½ cup of olives pitted and unevenly chopped Four thinly sliced boiled eggs, hard and large One-fourth cup of fresh basil, packed

**Directions:**

1. Combine two tsp of vinegar, water, and onions into one small bowl.
2. Marinate and stir for 10 minutes. Cut horizontal loaves in half.
3. Pull out inner bread from the halves by leaving around half an inch. Whisk 3 tsp of vinegar, oil, pepper, salt, and mustard in one bowl.
4. Drain the onion and add arugula, tuna, radishes, cucumber, olives, and tomatoes.
5. Stuff the mixture into the bottom half of one loaf. Top with basil, eggs, and the loaf's top.
6. Refrigerate for two hours.

**Nutrition:** Calories: 266 Protein: 13 G, Fat: 12 G , Carbs: 23 G

**Dinner**

## **Chicken Leek Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 35 minutes

**Servings:** 4

### **Ingredients:**

1 cup cabbage, shredded 6 oz leek, chopped

½ yellow onion, diced

1-pound chicken breast, skinless, boneless 1 tablespoon butter

1 teaspoon salt

½ teaspoon dried oregano

½ teaspoon dried thyme 1 tablespoon canola oil 4 cups of water

### **Directions:**

1. Chop the chicken breast into the cubes and place in the pan. Add butter and canola oil.
2. Cook the chicken for 5 minutes. Stir it from time to time. After this, add yellow onion and chopped leek.
3. Add salt, dried oregano, and thyme. Mix up the ingredients well and saute for 5 minutes.
4. Then add water and cabbage.
5. Close the lid and cook soup over medium heat for 25 minutes.

**Nutrition:** Calories 222, Fat 9.4, Fiber 1.6, Carbs 8.5, Protein 25.1

## **Day 5**

### **Breakfast**

#### **Spiced Morning Omelet**



**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 3

**Ingredients:**

7 eggs

1/3 cup skim milk 3 garlic cloves

1/4 teaspoon nutmeg

1/4 teaspoon ground ginger 1 teaspoon cilantro

1 teaspoon olive oil 1 tablespoon chives

1 teaspoon turmeric

**Directions:**

1. Beat the eggs in a mixing bowl. Add the skim milk and whisk again.
2. Sprinkle the egg mixture with the nutmeg, ground ginger, cilantro, and turmeric.
3. Peel the garlic cloves and mince them.
4. Chop the chives and combine them with the minced garlic. Add the herb mixture to the eggs and stir it again.
5. Preheat a skillet well and pour in the olive oil.
6. Preheat the olive oil over medium heat, and then pour the egg mixture into the pan.
7. Close the lid and cook the omelet for 15 minutes.
8. When the dish is cooked, cool slightly and cut into the serving portions. Serve it.

**Nutrition:** Calories: 179, Fat: 12.0g, Total Carbs: 3.8g, Sugars: 2.2g, Protein: 14.1g

**Lunch**

**Cauliflower Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 50 minutes

**Servings:** 4

**Ingredients:**

3 pounds cauliflower, florets separated 1 yellow onion, chopped

tablespoon coconut oil Black pepper to the taste 2 garlic cloves, minced 2 carrots, chopped

cups beef stock 1 cup water

½ cup coconut milk 1 teaspoon olive oil

2 tablespoons parsley, chopped

**Directions:**

1. Heat a pot with the coconut oil over medium-high heat, add carrots, onion, and garlic, stir and cook for 5 minutes.
2. Add cauliflower, water and stock, stir, bring to a boil, cover and cook for 45 minutes.
3. Transfer soup to your blender and pulse well, add coconut milk, pulse well again, ladle into bowls, drizzle the olive oil over the soup, sprinkle parsley, and serve for lunch.

**Nutrition:** Calories: 190 Protein: 4 G, Fat: 2 G, Carbs: 16 G

**Dinner**

**Meatball Soup**

**Preparation:** 10 minutes

**Cooking:** 30 minutes

**Servings:** 4

**Ingredients:**

1 cup ground beef

1 tablespoon semolina

½ teaspoon salt 1 egg yolk  
½ teaspoon ground black pepper  
4 cups chicken stock  
1 carrot, chopped  
1 yellow onion, diced  
1 tablespoon butter  
½ teaspoon turmeric  
½ teaspoon garlic powder

**Directions:**

1. Toss butter in the skillet and heat it until it is melted. Add onion and cook it until light brown.
2. Meanwhile, pour chicken stock into the pan. Add garlic powder and turmeric.
3. Bring the liquid to a boil. Add chopped carrot and boil it for 10 minutes.
4. In the mixing bowl, mix up ground beef, semolina, salt, egg yolk, and ground black pepper.
5. Make the small-sized meatballs.
6. Put the meatballs in the chicken stock. Add cooked onion.
7. Cook the soup for 15 minutes over medium-low heat.

**Nutrition:** Calories 143, Fat 8.8, Fiber 1.2, Carbs 7.5, Protein 8.8

## **Day 6**

### **Breakfast**

#### **Rice Pudding**

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

**Servings:** 5

## **Ingredients**

cup brown rice

cups coconut milk, unsweetened 1 teaspoon cinnamon

teaspoon ginger 1/3 teaspoon thyme 1/3 cup almonds

tablespoon honey

teaspoon lemon zest

## **Directions:**

1. Pour the coconut milk into a casserole and heat over medium. Add the brown rice and stir the mixture carefully.
2. Close the lid and cook the brown rice over medium heat for 10 minutes.
3. Meanwhile, crush the almonds and combine them with the lemon zest, thyme, ginger, and cinnamon.
4. Sprinkle the brown rice with the almond mixture and stir it carefully. Close the lid and cook the dish for 5 min.
5. Remove the pudding from the saucepan when it is cooled and transfer to a big bowl.
6. Add the honey and stir the pudding. Serve it immediately.

Nutrition: Calories: 423, Fat: 27.1g, Total Carbs: 43.3g, Sugars: 10.4g, Protein: 6.5g

## **Lunch**

### **Purple Potato Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 1 h and 15 minutes

**Servings:** 6

Ingredients:

6 purple potatoes, chopped  
1 cauliflower head, florets separated Black pepper to the taste  
Four garlic cloves, minced 1 yellow onion, chopped 3 tablespoons olive oil  
tablespoon thyme, chopped 1 leek, chopped  
shallots, chopped  
4 cups chicken stock, low-sodium

**Directions:**

1. In a baking dish, mix potatoes with onion, cauliflower, garlic, pepper, thyme, and half of the oil, toss to coat, introduce in the oven and bake for 45 minutes at 400 degrees F.
2. Heat a pot with the rest of the oil over medium-high heat, add leeks and shallots, stir and cook for 10 minutes.
3. Add roasted veggies and stock, stir, bring to a boil, cook for 20 minutes, transfer soup to your food processor, blend well, divide into bowls, and serve.

**Nutrition:** Calories: 200 Protein: 8 G, Fat: 8 G Carbs: 15 G  
**Dinner**

**Lemon Lamb Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 50 minutes

**Servings:** 8

**Ingredients:**

½-pound lamb bone in 4 eggs, beaten  
cups lettuce, chopped  
1 tablespoon chives, chopped  
½ cup fresh dill, chopped  
½ cup lemon juice 1 teaspoon salt

½ teaspoon white pepper 2 tablespoons avocado oil 5 cups of water

**Directions:**

1. Chop the lamb roughly and place it in the pan.
2. Add avocado oil and roast the meat for 10 minutes over medium heat. Stir it with the help of a spatula from time to time.
3. Then sprinkle the meat with white pepper and salt.
4. In the mixing bowl, whisk together eggs and lemon juice.
5. Add a ½ cup of boiling water from the pan and whisk the egg mixture until smooth.
6. Add dill, chives, and lettuce to the soup. Stir well.
7. Cook the soup for 30 minutes over medium-high heat.
8. Then add egg mixture and stir it fast to make the homogenous texture of the soup.
9. Cook it for 3 minutes more.

**Nutrition:** Calories 360, Fat 22.9, Fiber 0.8, Carbs 2.9, Protein 33.6

## **Day 7**

### **Breakfast**

#### **Creamy Millet**

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 8

#### **Ingredients:**

cups millet

1 cup almond milk, unsweetened 1 cup water  
1 cup coconut milk, unsweetened 1 teaspoon cinnamon  
½ teaspoon ground ginger  
¼ teaspoon salt  
1 tablespoon chia seeds  
1 tablespoon cashew butter  
4 oz Parmesan cheese, grated

**Directions:**

1. Combine the coconut milk, almond milk, and water in the saucepan. Stir the liquid gently and add millet.
2. Mix carefully and close the lid.
3. Cook the millet on medium heat for 5 minutes.
4. Sprinkle the porridge with cinnamon, ground ginger, salt, and chia seeds.
5. Stir the mixture with a spoon and continue to cook on medium heat for 5 minutes more.
6. Add the cashew butter and cook the millet for 5 minutes. Remove the millet from the heat and transfer it to serving bowls. Sprinkle the dish with the grated cheese.
7. Serve it.

**Nutrition:** Calories: 384, Fat: 19.8g, Total Carbs: 42.9g, Sugars: 3.6g, Protein: 11.7g

**Lunch**

**Broccoli Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 1-hour

**Servings:** 4

**Ingredients:**

2 pounds broccoli, florets separated 1 yellow onion, chopped  
1 tablespoon olive oil Black pepper to the taste  
1 cup celery, chopped  
2 carrots, chopped 3 and ½ cups low-sodium chicken stock  
tablespoon cilantro chopped

**Directions:**

1. Heat a pot with the oil over medium-high heat, add the onion, celery, and carrots, stir and cook for 5 minutes. Add broccoli, black pepper, and stock, stir and cook over medium heat for 1 hour.
2. Pulse using an immersion blender, add cilantro, stir the soup again, divide into bowls and serve.

**Nutrition:** Calories: 170 Protein: 9 G, Fat: 2 G Carbs: 10 G,  
Leeks Soup

**Preparation Time:** 10 minutes

**Cooking Time:** 1 h and 15 minutes

**Servings:** 6

**Ingredients:**

gold potatoes, chopped 1 cup cauliflower florets Black pepper to the taste 5 leeks, chopped 4 garlic cloves, minced  
1 yellow onion, chopped 3 tablespoons olive oil  
Handful parsley, chopped  
4 cups low-sodium chicken stock

**Directions:**

1. Heat a pot with the oil over medium-high heat, add onion and garlic, stir and cook for 5 minutes.
2. Add potatoes, cauliflower, black pepper, leeks, and stock, stir, bring to a simmer, cook over medium heat for 30 minutes, blend using an immersion blender, add parsley, stir, ladle into bowls and serve.



**Nutrition:** Calories: 150 Protein: 8 G, Fat: 8 G Carbs: 7 G

## **Dinner**

### **Eggplant Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

#### **Ingredients:**

½ cup tomatoes, chopped 2 eggplants, trimmed  
¼ cup fresh parsley, chopped  
¼ cup fresh cilantro, chopped 1 yellow onion, diced  
½ teaspoon ground cumin  
½ teaspoon cayenne pepper 1 celery stalk, chopped  
1 tablespoon olive oil 1 teaspoon salt  
1 garlic clove, peeled 1 teaspoon butter  
4 cups chicken stock

#### **Directions:**

1. Peel eggplants and sprinkle them with olive oil and salt. Preheat the oven to 360F.
2. Put the eggplants in the tray and transfer them to the preheated oven. Bake the vegetables for 25 minutes.
3. Meanwhile, pour chicken stock into the pan.
4. Add chopped tomatoes, parsley, cilantro, ground cumin, cayenne pepper, celery stalk, and diced garlic clove.
5. Simmer the mixture for 5 minutes.
6. Meanwhile, heat the butter in the skillet. Add onion and roast it until translucent.
7. Add the onion to the boiled chicken stock mixture.

8. When the eggplants are cooked, transfer them to the food processor and blend until smooth.
9. After this, put the blended eggplants in the chicken stock mixture.
10. Whisk the soup with the help of the hand blender until you get a creamy texture.
11. Simmer the soup for 5 minutes.

**Nutrition:** Calories 137, Fat 5.7, Fiber 10.9, Carbs 21.2, Protein 4.2

# Week Two

## Day 1

### Breakfast

#### Apple Muffins

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 5

#### Ingredients:

2 eggs

cup oat flour

$\frac{1}{2}$  teaspoon salt

tablespoon stevia

apples washed and peeled

$\frac{1}{2}$  cup skim milk

1 tablespoon olive oil

$\frac{1}{2}$  teaspoon baking soda

1 teaspoon apple cider vinegar

#### Directions:

1. Beat the eggs in the mixing bowl and whisk them well.
2. Add the skim milk, salt, baking soda, stevia, and apple cider vinegar. Stir the mixture carefully.
3. Grate the apples and add the grated mixture to the egg mixture. Stir it carefully and add the oat flour.
4. Add the olive oil and blend into a smooth batter. Preheat the oven to 350 F.
5. Fill each muffin from halfway with the batter and place the muffins in the oven.
6. Cook the dish for 15 minutes.
7. Remove the cooked muffins from the oven. Cool the cooked muffins well and serve them.

**Nutrition:** Calories: 200, Fat: 6.0g, Total Carbs: 32.4g, Sugars: 15.3g, Protein: 11.7g

## **Lunch**

### **Cauliflower Lunch Salad**

**Preparation Time:** 2 hours

**Cooking Time:** 10 minutes

**Servings:** 4

#### **Ingredients:**

1/3 cup low-sodium veggie stock 2 tablespoons olive oil

6 cups cauliflower florets, Black grated pepper to the taste

1/4 cup red onion, chopped

One red bell pepper, chopped Juice of 1/2 lemon

1/2 cup olives pitted and cut into halves 1 teaspoon mint, chopped 1 tablespoon cilantro, chopped

#### **Directions:**

1. Heat a pan with the oil over medium-high heat, add cauliflower, pepper, and stock, stir, cook for 10 minutes, put into a bowl, and keep in the fridge for 2 hours.
2. Mix cauliflower with olives, onion, bell pepper, black pepper, mint, cilantro, lemon juice, toss to coat, and serve.

**Nutrition:** Calories: 185 Protein: 8 G, Fat: 12 G, Carbs: 11 G

## **Dinner**

### **Lasagna Rolls**

**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Servings:** 2

**Ingredients:**

2 zucchini, trimmed

cup Mozzarella, shredded 1 cup ground beef

½ teaspoon salt

½ teaspoon ground black pepper

½ teaspoon ground paprika

½ teaspoon dried oregano

¼ teaspoon cayenne pepper 1/3 cup tomato sauce

1teaspoon olive oil

¼ cup Cheddar cheese, shredded 1/3 cup chicken stock

**Directions:**

1. Slice the zucchini lengthwise.
2. In the mixing bowl, mix up salt, ground beef, ground black pepper, ground paprika, and cayenne pepper.
3. Spread every zucchini slice with ground beef mixture and roll them.
4. Brush the casserole mold with olive oil from inside and arrange zucchini rolls.
5. Top every zucchini rolls with Mozzarella and Cheddar cheese.
6. Then mix up together tomato sauce, dried oregano, and chicken stock. Pour the liquid over the zucchini.
7. Cover the casserole mold with foil and secure the edges.
8. Bake lasagna rolls for 30 minutes at 355F.

**Nutrition:** Calories 357, Fat 23.7, Fiber 3.3, Carbs 11.4, Protein 26.3

# Day 2

## Breakfast

### Mushroom Frittata

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 5

#### Ingredients:

8 oz shiitake mushrooms 1 teaspoon salt  
1 cup broccoli  
7 eggs  
5 oz Parmesan cheese 1 tablespoon olive oil  
½ teaspoon ground ginger 5 garlic cloves  
1 teaspoon oregano  
1 teaspoon basil  
1 teaspoon cilantro  
½ cup low- Fat milk

#### Directions:

1. Wash the shiitake mushrooms well and chop them.
2. Chop the broccoli and combine it with the mushrooms in a mixing bowl. In a separate bowl, beat the eggs.
3. Sprinkle the egg mixture with cilantro, basil, oregano, and ground ginger. Stir it well.
4. Add the low-Fat milk and broccoli. Stir the egg mixture well. Peel the garlic cloves and mince them.
5. Add minced garlic to the egg mixture and stir it gently. Preheat the oven to 350 F.
6. Spray a deep pan with olive oil
7. Shed the egg mixture into the pan and place it in the preheated oven. Cook the frittata for 20

minutes. Remove from the oven when it is ready and relaxed slightly. Serve the frittata immediately.

**Nutrition:** Calories: 250, Fat: 15.5g, Total Carbs: 11.5g, Sugars: 3.7g, Protein: 19.2g

## **Lunch**

### **Shrimp Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Servings:** 6

#### **Ingredients:**

46 ounces low-sodium chicken stock 3 cups shrimp, peeled and deveined A pinch of black pepper.

#### **Directions:**

1. Put the stock in a pot, bring to a simmer over medium heat, add black pepper, onion, shrimp, stir and simmer for 8-10 minutes.
2. Add dill, stir, cook for 5 minutes more, ladle into bowls, and serve.

**Nutrition:** Calories: 190, Protein: 8 G, Fat: 7 G , Carbs: 12 G

## **Dinner**

### **Tortilla Wraps With Hummus**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 2

**Ingredients:**

corn tortillas

1 cup Romaine lettuce, chopped 4 teaspoons hummus

1 tablespoon lemon juice

¼ teaspoon cayenne pepper 8 oz chicken fillet

½ teaspoon olive oil

½ teaspoon salt

**Directions:**

1. Slice the chicken fillet onto 2 fillets.
2. Rub every chicken fillet with cayenne pepper, olive oil, and salt. Heat the skillet well.
3. Place the chicken fillets in the skillet and roast them for 4 minutes from each side over medium heat.
4. Meanwhile, spread one side of the corn tortillas with hummus.
5. Arrange the chopped lettuce on hummus and sprinkle with lemon juice.
6. Then add hot roasted chicken fillet and roll the tortillas (wrap). Secure every wrap with a toothpick.

**Nutrition:** Calories 300, Fat 11.3, Fiber 2.3, Carbs 13.2, Protein 35.1

## Day 3

**Breakfast****Homemade Granola Bowl**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 6

**Ingredients:**

3 tablespoons pumpkin seeds 1 tablespoon coconut oil



1 teaspoon sunflower seeds  
¼ cup almonds 1 cup raw oats  
3 tablespoons sesame seeds 5 tablespoons honey  
2 cups almond milk, unsweetened

**Directions:**

1. Combine the pumpkin seeds, sunflower seeds, almonds, and sesame seeds.
2. Crush the mixture well and add raw oats. Add the honey and coconut oil.
3. Stir the mixture carefully until you get a smooth mix. Preheat the oven to 350 F.
4. Cover the tray with parchment and transfer the seed mixture onto the tray. Flatten it well.
5. Cook it for 20 minutes.
6. When the mixture is cooked, remove it from the oven and chill well. Separate the mixture into small pieces and put in serving bowls.
7. Add the almond milk and mix up the dish.
8. Serve it.

**Nutrition:** Calories: 381, Fat: 28.5g, Total Carbs: 30.8g, Sugars: 17.4g, Protein: 6.4g

**Lunch**

**Shrimp Mix**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

**Ingredients:**

1 and ½ pounds shrimp, peeled and deveined 1 tablespoon olive oil  
1 teaspoon sesame seeds 24 ounces broccoli florets 1 green onion, chopped

1 tablespoon balsamic vinegar 2 garlic cloves, minced  
1 tablespoon ginger, grated

**Directions:**

1. In a bowl, mix oil with vinegar, garlic, and ginger and whisk.
2. Transfer this to a pan, heat up over medium heat, add shrimp, stir and cook for 3 minutes.
3. Add broccoli, stir, cook for 4 minutes more,
4. Add sesame seeds and green onions, toss, divide everything between plates and serve.

**Nutrition:** Calories: 265 Protein: 20 G Fat: 2 G Carbs: 10 G

**Dinner**

**Tomato & Chicken Skillet**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

1 cup tomatoes

1-pound chicken breast, skinless, boneless 3 bell peppers, chopped

½ cup of water

1 jalapeno pepper, chopped

½ teaspoon salt

1 tablespoon olive oil

**Directions:**

1. Chop tomatoes into tiny pieces.
2. Then chop the chicken breast into medium cubes.  
Pour olive oil into the skillet and heat it.

3. Add chicken breast cubes and roast them for 5 minutes.
4. After this, add chopped bell pepper and jalapeno pepper. Stir the ingredients well and cook for 5 minutes.
5. Add salt and tomatoes. Mix up well.
6. Cook the ingredients for 5 minutes and add water. Stir it well.
7. Close the lid and cook the meal for 5 minutes more.

**Nutrition:** Calories 197, Fat 6.7, Fiber 1.8, Carbs 8.7, Protein 25.4

## **Day 4**

### **Breakfast**

#### **Breakfast Kale Frittata**

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Servings:** 4

#### **Ingredients:**

6 kale stalks, chopped

1 small sweet onion, chopped

1 small broccoli head, florets separated 2 garlic cloves, minced

Salt and black pepper to the taste 4 eggs

tablespoon olive oil.

#### **Directions:**

1. Heat a pan with the oil over medium-high heat, add the onion, stir and cook for 4-5 minutes.
2. Add the garlic, broccoli, kale, toss, and cook for 5 minutes more.

3. Add the eggs, salt, and pepper and mix.
4. Place in the oven and bake at 380 degrees F for 20 minutes. Slice and serve for breakfast.
5. Enjoy!

**Nutrition:** Calories 214, Fat 7, Fiber 2, Carbs 12, Protein 8

## **Lunch**

### **Spinach and Lentils Stew**

**Preparation Time:** 10 minutes

**Cooking Time:** 23 minutes

**Servings:** 3

#### **Ingredients:**

1 teaspoon olive oil 1/3 cup brown lentils  
1 teaspoon ginger, grated 4 garlic cloves, minced  
green chili pepper, chopped  
tomatoes, chopped  
½ teaspoon turmeric powder 2 potatoes, cubed  
A pinch of black pepper  
¼ teaspoon cinnamon powder 1 cup low-sodium veggie  
stock 6 ounces spinach leaves

#### **Directions:**

1. Heat a pot with the oil over medium heat, add chili pepper, ginger, and garlic, stir and cook for 3 minutes.
2. Add tomatoes, pepper, cinnamon, turmeric, lentils, potatoes, stock, and spinach, stir and cook for 20 minutes.
3. Divide into bowls and serve.

**Nutrition:** Calories: 220 Protein: 11 G Fat: 3 G, Carbs: 16 G

## **Dinner**

## **Seafood Wraps With Avocado**

**Preparation:** 10 minutes

**Cooking Time:** 6 minutes

**Servings Time:** 3

### **Ingredients:**

3 corn tortillas

5 oz shrimps, peeled

3 oz crab meat, chopped 1 avocado, peeled, pitted

2 tablespoons Greek yogurt

¼ teaspoon minced garlic

½ teaspoon cayenne pepper

¾ teaspoon ground coriander 1 teaspoon butter

¼ cup heavy cream

1 cucumber, trimmed

### **Directions:**

1. Pour heavy cream into the saucepan.
2. Add crab meat, shrimps, minced garlic, cayenne pepper, butter, and ground coriander.
3. Boil the seafood for 6 minutes.
4. After this, spread the tortillas with Greek yogurt from one side. Cut avocado and cucumber into the wedges.
5. Arrange them on the tortillas. Then add the seafood mixture.
6. Wrap the tortillas carefully and secure them with the toothpicks.

**Nutrition:** Calories 340, Fat 20.4, Fiber 6.6, Carbs 22.3, Protein 18.8

## **Day 5**

## **Breakfast**

### **Cranberry Granola Bars**

**Preparation Time:** 2 hours

**Cooking Time:** 0 minutes

**Servings:** 4

#### **Ingredients:**

cups walnuts, toasted 1 cup dates, pitted

tablespoons water

$\frac{3}{4}$  cup cranberries, dried, no added sugar 2 cups desiccated coconut, unsweetened

#### **Directions:**

1. In your food processor, mix dates with coconut, cranberries, water, and walnuts.
2. Pulse well, then spread the mix into a lined baking dish.
3. Press well into the dish and keep in the fridge for 2 hours, then cut into bars and serve. Enjoy!

**Nutrition:** Calories 476, Fat 40, Fiber 9, Carbs 33, Protein 6

## **Lunch**

### **Sweet Potato Mix**

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

#### **Ingredients:**

onion, chopped 1 tablespoon olive oil

garlic cloves, minced

4 sweet potatoes, chopped 1 red bell pepper, chopped

14 ounces canned tomatoes, chopped 2 teaspoons curry powder  
A pinch of black pepper  
2 tablespoons red curry paste 14 ounces coconut milk Juice of 3 limes  
1 tablespoon cilantro, chopped

**Directions:**

1. Heat a pot with the oil over medium heat, add onion, stir and cook for 5 minutes.
2. Add garlic, ginger, sweet potatoes, red bell pepper, tomatoes, curry powder, black pepper, curry paste, coconut milk, lime juice, and cilantro, stir and simmer over medium heat for 20 minutes.
3. Divide into bowls and serve for lunch.

**Nutrition:** Calories: 270 Protein: 7 G, Fat: 7 G Carbs: 12 G

**Dinner**

**Carrot Soap**

**Preparation Time:** 10 minutes

**Cooking Time:** 35 minutes

**Servings:** 6

**Ingredients:**

5 cups beef broth four carrots, peeled  
1 teaspoon dried thyme  
½ teaspoon ground cumin 1 teaspoon salt  
1 ½ cup potatoes, chopped 1 tablespoon olive oil  
½ teaspoon ground black pepper 1 tablespoon lemon juice  
1/3 cup fresh parsley, chopped 1 chili pepper, chopped  
1 tablespoon tomato paste 1 tablespoon sour cream

**Directions:**

1. Line the baking tray with baking paper.
2. Put sweet potatoes and carrot on the tray and sprinkle with olive oil and salt. Bake the vegetables for 25 minutes at 365F.
3. Meanwhile, pour the beef broth into the pan and bring it to a boil.
4. Add dried thyme, ground cumin, chopped chili pepper, and tomato paste. Add the vegetables to the pan.
5. Boil the vegetables until they are soft.
6. Then blend the mixture with the help of the blender until smooth. Simmer it for 2 minutes and add lemon juice. Stir well.
7. Then add sour cream and chopped parsley. Stir well. Simmer the soup for 3 minutes more.

**Nutrition:** Calories 123, Fat 4.1, Fiber 2.9, Carbs 16.4, Protein 5.3

## Day 6

### Breakfast

#### Spinach and Berry Smoothie

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 2

#### Ingredients:

1 cup blackberries

One avocado, pitted, peeled and chopped 1 banana, peeled and roughly chopped 1 cup baby spinach

1 tablespoon hemp seeds 1 cup water

½ cup almond milk, unsweetened



**Directions:**

1. In your blender, mix the berries with the avocado, banana, spinach, hemp seeds, water, and almond milk.
2. Pulse well, divide into 2 glasses, and serve for breakfast. Enjoy!

**Nutrition:** Calories 160, Fat 3, Fiber 4, Carbs 6, Protein 3

**Lunch****Pea Stew**

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

1 carrot, cubed  
1 yellow onion, chopped  
1 and ½ tablespoons olive oil 1 celery stick, chopped  
5 garlic cloves, minced 2 cups yellow peas  
and ½ teaspoons cumin, ground 1 teaspoon sweet paprika  
¼ teaspoon chili powder a pinch of black pepper  
¼ teaspoon cinnamon powder  
½ cup tomatoes, chopped Juice of ½ lemon  
1-quart low-sodium veggie stock 1 tablespoon chives,  
chopped

**Directions:**

1. Heat a pot with the oil over medium heat, add carrots, onion, and celery, stir and cook for 5-6 minutes.
2. Add garlic, peas, cumin, paprika, chili powder, pepper, cinnamon, tomatoes, lemon juice, peas,

and stock, stir, bring to a simmer, cook over medium heat for 20 minutes, add chives, toss, divide into bowls and serve.

**Nutrition:** Calories: 272 Protein: 9 G, Fat: 6 G, Carbs: 14 G

## **Dinner**

### **Wrapped Chopped Salad**

**Preparation Time:** 15 minutes

**Servings:** 4

#### **Ingredients:**

1 cup Monterey Jack cheese, shredded  
1 avocado, chopped  
½ cup radish, chopped 2 cups lettuce, tore 1 tomato, chopped  
4 whole-wheat tortillas  
1 teaspoon olive oil  
¼ teaspoon dried oregano  
¼ teaspoon garlic powder  
½ oz Plain yogurt  
¼ teaspoon salt

#### **Directions:**

1. In the mixing bowl, mix up together avocado, radish, lettuce, and tomato. Add cheese.
2. For the dressing: in the shallow bowl, whisk together salt, Plain yogurt, garlic powder, dried oregano, and olive oil.
3. Pour the dressing over the salad and give a fair shake.
4. Then spoon the salad mixture down the center of every tortilla and wrap/roll them.

5. The cooked lunch should be served immediately; otherwise, it will not be crunchy.

**Nutrition:** Calories 340, Fat 20.7, Fiber 7, Carbs 28.9, Protein 12.5

## **Day 7**

### **Breakfast**

#### **Zucchini Breakfast Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

#### **Ingredients:**

2 zucchinis, spiralized 1 cup beets, baked, peeled, and grated

½ bunch kale, chopped two tablespoons olive oil

For the tahini sauce:

1 tablespoon maple syrup Juice of 1 lime

¼ inch fresh ginger, grated 1/3 cup sesame seed paste

#### **Directions:**

1. In a salad bowl, mix the zucchinis with the beets, kale, and oil.
2. In another small bowl, whisk the maple syrup with lime juice, ginger, and sesame paste.
3. Serve the salad for breakfast. Enjoy!

**Nutrition:** Calories 183, Fat 3, Fiber 2, Carbs 7, Protein 9

#### **Quinoa and Spinach Breakfast Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 2

**Ingredients:**

16 ounces quinoa, cooked 1 handful raisins

1 handful baby spinach leaves

**Lunch**

**Green Beans Stew**

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

**Ingredients:**

2 tablespoons olive oil

carrots, chopped

1 yellow onion, chopped 20 ounces green beans

2 garlic cloves, minced

7 ounces canned tomatoes, chopped 5 cups low-sodium  
veggie stock

A pinch of black pepper

1 tablespoon parsley, chopped

**Directions:**

1. Heat a pot with the oil over medium heat, add onion, stir and cook for 5 minutes.
2. Add carrots, green beans, garlic, tomatoes, black pepper, and stock, stir, cover, and simmer over medium heat for 20 minutes.
3. Add parsley, divide into bowls and serve for lunch.

**Nutrition:** Calories: 281, Protein: 11 G, Fat: 5 G, Carbs: 14 G

## **Mushroom and Veggie Soup**

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

### **Ingredients:**

1 yellow onion, chopped A pinch of black pepper 1  
tablespoon olive oil

1 red chili pepper, chopped 2 carrots, sliced

4 garlic cloves, minced 12 mushrooms, chopped

2 ounces kale leaves, roughly chopped 4 cups low-sodium  
veggie stock

1 cup tomatoes, chopped

½ tablespoon lemon zest, grated

½ tablespoon parsley, chopped

### **Directions:**

1. Heat a pot with the oil, over medium heat, add onion, garlic, chili, carrots, stir and sauté for 5 minutes.
2. Add black pepper, mushrooms, kale, tomatoes, stock, and lemon zest, stir, cover and cook over medium heat for 20 minutes.
3. Add parsley, toss, divide into bowls and serve for lunch.

**Nutrition:** Calories: 200 Protein: 10 G, Fat: 6 G, Carbs: 9 G

## **Dinner**

### **Chicken and Quinoa Salad with Pomegranate**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 3

**Ingredients:**

½ cup quinoa

1 cup chicken stock

½ teaspoon salt

1 oz pomegranate seeds

8 oz chicken breast, skinless, boneless 1 tablespoon olive oil

1 cup lettuce, chopped

½ teaspoon paprika

½ teaspoon ground black pepper 1 teaspoon lemon juice

1 teaspoon butter

**Directions:**

1. In the pan, combine quinoa and chicken stock.
2. Add salt and boil the ingredients for 15 minutes or until quinoa will absorb all liquid.
3. Meanwhile, chop the chicken breast and sprinkle it with paprika and ground black pepper.
4. Place it in the skillet, add butter, and roast for 10 minutes. Stir the chicken from time to time.
5. When the chicken and quinoa are cooked, chill them to room temperature and put them in the salad bowl.
6. Add pomegranate seeds, lettuce, olive oil, and lemon juice. Mix up the salad well.

**Nutrition:** Calories 257, Fat 9.8, Fiber 2.4, Carbs 21.1, Protein 20.5

# Week Three

## Day 1

### Breakfast

#### Ingredients:

1 tablespoon maple syrup  
½ tablespoon lemon juice 4 tablespoons olive oil  
1 teaspoon ground cumin  
A pinch of salt and pepper  
½ teaspoon chili flakes

#### Directions:

1. In a bowl, mix the quinoa with spinach, raisins, cumin, salt, pepper, and toss.
2. Add the maple syrup, lemon juice, oil, and chili flakes and toss, then serve for breakfast. Enjoy!

**Nutrition:** Calories 170, Fat 3, Fiber 6, Carbs 8, Protein 5

### Lunch

#### Jackfruit and Chili Stew

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

#### Ingredients:

40 ounces canned jackfruit  
14 ounces canned red chili puree 1 yellow onion, chopped  
8 garlic cloves, minced 1 tablespoon olive oil  
cups low-sodium veggie stock 1 tablespoon oregano,  
chopped 1 tablespoon cilantro, chopped

**Directions:**

1. Heat a pot with the oil over medium-high heat, add onion and garlic, stir and cook for 4-5 minutes.
2. Add jackfruit, chili puree, and stock, stir, cover and cook over medium heat for 15 minutes.
3. Add oregano and cilantro, stir, cook for 5 minutes more, divide into bowls and serve.

**Nutrition:** Calories: 263, Protein: 11 G, Fat: 6 G, Carbs: 13 G

**Dinner****Pasta E Fagioli Soup**

**Preparation Time:** 10 Minutes

**Cooking time:** 40 minutes

**Servings:** 6

**Ingredients:**

1 cup ditalini pasta, dried

6 cups of water

1 cup chicken stock 1 ½ cup ground beef 1 tablespoon olive oil 1 teaspoon salt

1 teaspoon ground black pepper 6 oz carrot, chopped

4 oz celery, chopped

3 tbsp tomato sauce 1 tbsp tomato paste

6 oz red kidney beans, canned, drained 1 teaspoon dried oregano

1 teaspoon dried basil

¼ teaspoon dried marjoram

6 teaspoons fresh parsley, chopped 1 teaspoon minced garlic

1 white onion, diced



**Directions:**

1. Pour olive oil into the skillet.
2. Add ground beef, salt, ground black pepper, and diced onion.
3. Cook the ingredients until they are cooked (appx.10 minutes over medium heat).
4. Cook ditalini pasta according to the directions of the manufacturer. Meanwhile, pour water and chicken stock into the pan.
5. Add carrot, celery, tomato sauce, tomato paste, and close the lid.
6. Bring the mixture to a boil and simmer it for 10 minutes. Then add cooked ground beef mixture. Sprinkle it with dried oregano, basil, and marjoram. Then add minced garlic and red kidney beans.
7. Close the lid and simmer the soup for 10 minutes over medium heat.
8. After this, add chopped parsley and cooked pasta, and bring the soup to boil again.
9. Remove the cooked soup from the heat and close the lid. Let the soup rest for at least 10 minutes before serving.

**Nutrition:** Calories 278, Fat 7.3, Fiber 6.8, Carbs 38.1, Protein 16.3

## **Day 2**

### **Breakfast**

#### **Carrots Breakfast Mix**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

**Ingredients:**

1½ tablespoon maple syrup 1 teaspoon olive oil  
1 tablespoon chopped walnuts  
onion, chopped 4 cups shredded carrots 1 tablespoon  
curry powder  
¼ teaspoon ground turmeric Black pepper to the taste  
tablespoons sesame seed paste  
¼ cup lemon juice  
½ cup chopped parsley

**Directions:**

1. In a salad bowl, mix the onion with the carrots, turmeric, curry powder, black pepper, lemon juice, and parsley.
2. Add the maple syrup, oil, walnuts, and sesame seed paste.
3. Toss well and serve for breakfast. Enjoy!

**Nutrition:** Calories 150, Fat 3, Fiber 2, Carbs 6, Protein 8

**Lunch****Mushroom Lunch Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

garlic cloves, minced  
2 red chili peppers, chopped 1 teaspoon olive oil  
1 yellow onion, chopped 1 teaspoon cumin, ground  
½ teaspoon oregano, dried  
½ teaspoon smoked paprika A pinch of black pepper  
¼ teaspoon cinnamon powder 1 cup low sodium veggie  
stock

8 ounces white mushrooms, sliced 3 teaspoons lime juice

**Directions:**

1. Heat a pot with the oil over medium-high heat, add garlic and chili, stir and cook for 5 minutes.
2. Add onion, cumin, oregano, paprika, black pepper, and cinnamon, stir and cook for 5 minutes.
3. Add mushrooms, lime juice, and stock, stir, cook for 10 minutes, divide between plates and serve.

**Nutrition:** Calories: 221, Protein: 8 G, Fat: 6 G, Carbs: 12 G  
**Dinner**

**Mediterranean Buddha Bowl**

**Preparation Time:** 10 minutes

**Cooking Time:** 25 minutes

**Servings:** 5

**Ingredients:**

1 cup chickpeas, canned, drained

½ teaspoon butter

½ teaspoon salt

½ teaspoon ground paprika

¾ teaspoon onion powder 6 oz quinoa, dried

12 oz chicken stock 2 tomatoes, chopped

1 cucumber, chopped

½ cup fresh spinach, chopped

½ cup arugula, chopped

½ cup lettuce chopped 1 tablespoon olive oil 4 teaspoons hummus

**Directions:**

1. Place chickpeas in the skillet. Add butter and salt.
2. Roast the chickpeas for 5 minutes over high heat. Stir them from time to time.

3. After this, place quinoa and chicken stock in the pan. Cook the quinoa for 15 minutes over medium heat.
4. Then make the salad: mix up together tomatoes, cucumber, spinach, arugula,
5. lettuce, and olive oil. Shake the salad gently. Arrange roasted chickpeas in every serving bowl. Add salad and hummus.
6. Then add quinoa. Buddha bowl is cooked.

**Nutrition:** Calories 330, Fat 8.4, Fiber 10.9, Carbs 51.6, Protein 14.1

## Day 3

### Breakfast

Zucchini and Sprout Breakfast Mix

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

### Ingredients:

2 zucchinis, spiralized 2 cups bean sprouts

4 green onions, chopped

1 red bell pepper, chopped

1 juice lime

tablespoon olive oil ½ cup chopped cilantro

¾ cup almonds chopped

A pinch of salt and pepper

### Directions:

1. In a salad bowl, toss together the zucchinis with the bean sprouts, green onions, bell pepper, cilantro, almonds, salt, pepper, lime juice, and oil.

2. Serve for breakfast.

**Nutrition:** Calories 140, Fat 4, Fiber 2, Carbs 7, Protein 8  
**Lunch**

## **Chickpeas Stew**

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 4

### **Ingredients:**

1 teaspoon olive oil  
1 cup chickpeas, soaked and drained 4 garlic cloves, minced  
1 yellow onion, chopped  
1 green chili pepper, chopped 1 teaspoon coriander, ground  
½ teaspoon cumin, ground  
½ teaspoon sweet paprika 2 tomatoes, chopped  
1 and ½ cups low-sodium veggie stock A pinch of black pepper  
3 cups spinach leaves  
1 tablespoon lemon juice

### **Directions:**

1. Heat a pot with the oil over medium heat, add garlic, onion, and chili pepper, stir and cook for 5 minutes.
2. Add coriander, cumin, paprika, and black pepper, stir, and cook for 5 minutes more.
3. Add chickpeas, tomatoes, stock, and lemon juice, stir, cover the pot, cook over medium heat for 25 minutes, add spinach, cook for 5 minutes more, divide into bowls, and serve.

**Nutrition:** Calories: 270, Protein: 9 G, Fat: 7 G, Carbs: 14 G

## **Dinner**

### **Shrimp Crepes**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 4

#### **Ingredients:**

4 eggs, beaten

4 teaspoons sour cream

1 cup shrimps, peeled, boiled 1 teaspoon butter

1 teaspoon olive oil 1/3 cup Mozzarella, shredded

1/2 teaspoon salt

teaspoon dried oregano

#### **Directions:**

1. In the mixing bowl, combine sour cream, eggs, salt, and dried oregano.
2. Place butter and olive oil in the crepe skillet and heat the ingredients. Separate the egg liquid into 4 parts.
3. Spoon the first part of the egg liquid in the skillet and flatten it in the shape of a crepe.
4. Sprinkle the egg crepe with 1/4 part of shrimps and a small amount of Mozzarella.
5. Roast the crepe for 2 minutes from one side and then flip it onto another. Cook the crepe for 30 seconds more.
6. Repeat the same steps with all remaining ingredients.

**Nutrition:** Calories 148, Fat 8.5, Fiber 0.2, Carbs 1.5, Protein 16.1

## **Day 4**

## **Breakfast**

### **Breakfast Corn Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

#### **Ingredients:**

avocados, pitted, peeled, and cubed 1-pint mixed cherry tomatoes, halved 2 cups fresh corn kernels  
red onion, chopped

For the salad dressing:

tablespoons olive oil 1 tablespoon lime juice

½ teaspoon grated lime zest

A pinch of salt and black pepper

¼ cup chopped cilantro

#### **Directions:**

1. In a salad bowl, mix the avocados with tomatoes, corn, and onion.
2. Add the oil, lime juice, lime zest, salt, pepper, and cilantro, toss, and serve for breakfast.

**Nutrition:** Calories 140, Fat 3, Fiber 2, Carbs 6, Protein 9

## **Lunch**

### **Eggplant Stew**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

#### **Ingredients:**

½ teaspoon cumin seeds  
1 tablespoon coriander seeds  
½ teaspoon mustard seeds  
1 tablespoon olive oil  
1 tablespoon ginger, grated 2 garlic cloves, minced  
1 green chili pepper, chopped a pinch of cinnamon powder  
½ teaspoon cardamom, ground  
½ teaspoon turmeric powder 1 teaspoon lime juice  
4 baby eggplants, cubed  
1 cup low-sodium veggie stock  
1 tablespoon cilantro, chopped

**Directions:**

1. Heat a pot with the oil over medium-high heat, add cumin, coriander, and mustard seeds, stir and cook them for 5 minutes.
2. Add ginger, garlic, chili, cinnamon, cardamom, and turmeric, stir and cook for 5 minutes more.
3. Add lime juice, eggplants, and stock, stir, cover, and cook over medium heat for 15 minutes.
4. Add cilantro, stir, divide into bowls, and serve for lunch.

**Nutrition:** Calories: 270, Protein: 9 G, Fat: 4 G, Carbs: 12 G

**Dinner**

**Carrot Noodles Salad**

**Preparation Time:** 15 minutes

**Servings:** 4

**Ingredients:**

carrots, peeled  
1 tablespoon raisins, chopped



1/4 cup walnuts, roughly chopped  
5 oz Feta cheese, crumbled  
3 teaspoons olive oil  
3 teaspoon lemon juice  
1/4 teaspoon ground cardamom  
3/4 teaspoon saffron  
1/4 teaspoon sage  
1 cup chickpeas, canned, drained

**Directions:**

1. Make the carrot noodles with the help of the spiralizer. Place the carrot noodles in the salad bowl.
2. Add raisins, walnuts, and chickpeas. Shake the salad well.
3. Then make the dressing: mix up together sage, saffron, ground cardamom, lemon juice, and olive oil.
4. Pour the dressing over the salad. Shake it well.
5. Sprinkle the cooked salad with crumbled Feta cheese and shake gently again.

**Nutrition:** Calories 375, Fat 18.7, Fiber 10.2, Carbs 37.6, Protein 16.9

## Day 5

### Breakfast

#### Simple Basil Tomato Mix

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 6

**Ingredients:**

1/2 cup extra-virgin olive oil  
1 cucumber, chopped

pints colored cherry tomatoes, halved  
Salt and black pepper to the taste 1 red onion, chopped  
tablespoons red vinegar 1 garlic clove, minced  
bunch basil, roughly chopped

**Directions:**

1. Toss together the cucumber with the tomatoes, onion, salt, pepper, oil, vinegar, basil, and garlic. Serve for breakfast.
2. Enjoy!

**Nutrition:** Calories 100, Fat 1, Fiber 2, Carbs 2, Protein 6  
**Lunch**

**Black Eyed Peas Chili**

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

**Servings:** 6

**Ingredients:**

1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 tbsp olive oil  
yellow onions, chopped  
6 garlic cloves, minced  
24 ounces black-eyed peas, soaked overnight and drained 4  
cups veggie stock  
2 tablespoons chili powder, mild 2 teaspoons cumin, ground  
½ teaspoon chipotle powder 2 teaspoons smoked paprika  
30 ounces canned tomatoes, no-salt-added, chopped 2 cups  
corn  
A pinch of black pepper

**Directions:**

1. Heat a pot with the oil over medium heat, add the onions and the garlic, stir and cook for 5 minutes.
2. Add red and green bell pepper, chili powder, cumin, chipotle powder, smoked paprika, and black pepper, stir and cook for 5 minutes more.
3. Add peas, stock, tomatoes, and corn, stir, cover the pot and cook over medium heat for 30 minutes.
4. Divide into bowls and serve for lunch.

**Nutrition:** Calories: 270, Protein: 12 G, Fat: 2 G, Carbs: 13 G

## **Dinner**

### **Mediterranean Grilled Pork Chops**

**Preparation Time:** 1 day

**Cooking Time:** 20 minutes

**Servings:** 6

#### **Ingredients:**

pork chops

¼ cup olive oil

2 yellow onions, sliced

2 garlic cloves, minced

2 teaspoons mustard

1 tsp sweet paprika

Salt and black pepper to taste

½ teaspoon oregano, dried

½ teaspoon thyme, dried a pinch of cayenne pepper

#### **Directions:**

1. In a small bowl, mix oil with garlic, mustard, paprika, black pepper, oregano, thyme, and cayenne, and whisk well.

2. In a bowl, combine onions with meat and mustard mix, toss to coat, cover and keep in the fridge for 1 day. Place meat on a preheated grill pan over medium-high heat, season with salt, and cook for 10 minutes on each side.
3. Meanwhile, heat a pan over medium heat, add marinated onions, stir and sauté for 4 minutes.
4. Divide pork chops on plates, add sautéed onions on top and serve.

**Nutrition:** Calories: 284, Protein: 12 G, Fat: 4 G

## **Day 6**

### **Breakfast**

#### **Cucumber and Avocado Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 4

#### **Ingredients:**

1-pound cucumbers, chopped  
avocados pitted and chopped 1 small red onion, thinly sliced  
2 tablespoons olive oil  
2 tablespoons lemon juice  
¼ cup chopped parsley  
A pinch of salt and black pepper

#### **Directions:**

1. In a salad bowl, mix the cucumbers with the avocados, onion, oil, lemon juice, parsley, salt, and pepper. Serve for breakfast.
2. Enjoy!

**Nutrition:** Calories 120, Fat 2, Fiber 2, Carbs 3, Protein 4

## **Lunch**

### **Mediterranean Chicken**

**Preparation Time:** 10 minutes

**Cooking Time:** 2 hours and 30 minutes

**Servings:** 4

#### **Ingredients:**

1 pound chicken breasts, skinless and boneless  
2 tomatoes, chopped  
cup low-sodium chicken stock  
½ red bell pepper, chopped 1 yellow onion, sliced  
Zest of 1 lemon, grated Juice of 1 lemon  
Black pepper to the taste  
¾ cup whole wheat orzo  
½ cup black olives pitted  
tablespoons scallions, chopped

#### **Directions:**

1. In your slow cooker, mix chicken with tomatoes, stock, bell pepper, onion,
2. lemon zest, lemon juice, and black pepper to the taste cover and cook on High for 2 hours.
3. Add black olives and orzo, toss, cover, cook on high for 30 minutes more, divide everything between plates, and serve chopped scallions on top.

**Nutrition:** Calories: 211, Protein: 4 G, Fat: 3 G, Carbs: 12 G

## **Dinner**

### **Sushi Appetizer**

**Preparation Time:** 10 minutes

**Servings:** 4

**Ingredients:**

1 large cucumber

3 tablespoons cream cheese

½ teaspoon chives

1 teaspoon lime juice

1 oz Feta cheese, crumbled

¼ teaspoon paprika

½ teaspoon ground black pepper

¾ teaspoon minced garlic

**Directions:**

1. Trim the ends of the cucumber.
2. With the help of the vegetable, the slicer makes the lengthwise slices from the cucumber.
3. Make the spread: churn together cream cheese, chopped chives, lime juice, crumbled Feta, paprika, ground black pepper, and minced garlic.
4. Then spread every cucumber slice with the cream cheese mixture.
5. Roll the cucumber slices and secure them with the help of the toothpick.

**Nutrition:** Calories 58, Fat 4.2, Fiber 0.5, Carbs 3.7, Protein 2.2

## **Day 7**

### **Breakfast**

#### **Watermelon Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Servings:** 2

**Ingredients:**

½ teaspoon agave nectar 2 tablespoons lemon juice

1 tablespoon extra-virgin olive oil 1 jalapeno, seeded and chopped 12 ounces watermelon, chopped 1 red onion, thinly sliced

½ cup chopped basil leaves 2 cups baby arugula

**Directions:**

1. In a bowl, toss together the watermelon with the jalapeno, onion, basil, arugula, oil, agave nectar, lemon juice, and oil.
2. Serve for breakfast.

**Nutrition:** Calories 128, Fat 8, Fiber 2, Carbs 16, Protein 2

## **Lunch**

### **Grilled Eggplant Lunch Salad**

**Preparation Time:** 10 minutes

**Cooking Time:** 20 minutes

**Servings:** 4

**Ingredients:**

1 tomato, diced

eggplant, pricked

A pinch of salt and black pepper

¼ teaspoon ground turmeric 1½ teaspoons red wine vinegar

½ teaspoon chopped oregano 3 tablespoons olive oil

garlic cloves, minced

tablespoons chopped parsley 2 tablespoons chopped capers

**Directions:**

1. Heat your grill over medium-high heat, add eggplant, cook for 15 minutes, turning from time to time, scoop flesh, roughly chop and put in a bowl.
2. Add salt, pepper to the taste, tomatoes, turmeric, garlic, vinegar, oregano, parsley, oil, and capers, toss and serve.

**Nutrition:** Calories: 192, Protein: 7 G, Fat: 7 G, Carbs: 12 G

## **Dinner**

### **Tuna Salad in Lettuce Cups**

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Servings:** 6

#### **Ingredients:**

4 Romaine lettuce leaves 8 oz tuna fillet

1 teaspoon balsamic vinegar

½ teaspoon olive oil

1 tablespoon fresh dill, chopped

¼ teaspoon salt ¾ teaspoon chili pepper 1 tomato, chopped

¾ cup Plain yogurt

#### **Directions:**

1. Rub the tuna fillet with salt and chili pepper. Then drizzle the fish with olive oil.
2. Bake tuna for 10 minutes at 365F. Then chill it a little and chop.
3. In the bowl, combine chopped tuna, Plain yogurt, tomato, fresh dill, and balsamic vinegar. Mix up well.
4. Fill the lettuce leaves with the tuna mixture.



**Nutrition:** Calories 152, Fat 11.2, Fiber 0.3, Carbs 3.4,  
Protein 9

# **CHAPTER 5**

## **250 STEP-BY-STEP GUIDED RECIPES**

### **Breakfast**



### **1. Hearty Breakfast Frittata w/Tomato Salad**

**Servings:** 4

**Ingredients:**

4 Eggs

1 tablespoon of Vegetable Oil

1 2/3 pounds of Sliced and Peeled Potatoes 2 Onions (1 Diced /1 Sliced Into Rings)

1 Small Diced Zucchini

1 ounce of Pitted and Sliced Black Olives 5 1/4 ounces of Diced Salami

12 ounces of Diced Tomatoes 1/3 cup of Whipping Cream 5  
sprigs of Sliced Basil  
a teaspoon of Balsamic Vinegar tablespoons of Olive Oil

**Directions:**

1. Heat your vegetable oil in a pan and fry your potatoes for approximately 12 minutes.
2. Add your onion rings, zucchini, olives, and salami. Saute for another 5 minutes.
3. Beat your cream and eggs together. Season them and pour them over the vegetables. Cover and cook over medium heat for approximately 10 minutes.
4. Toss together with your diced onions, diced tomatoes, vinegar, olive oil, and basil. Season to taste. Slice your frittata into quarters and arrange with your tomato salad on plates.
5. Serve and Enjoy!

## **2. Chickpea & Potato Hash**

**Servings:** 4

**Ingredients:**

4 cups of Frozen Shredded Hash Potatoes  
1/2 cup of Finely Chopped Onion  
2 cups of Finely Chopped Baby Spinach  
1 tablespoon of Minced Fresh Ginger 1/2 teaspoon of Salt  
1 tablespoon of Curry Powder 1/4 cup of Extra-Virgin Olive  
Oil 4 Large Eggs  
(15-ounce) can of Chickpeas 1 cup of Chopped Zucchini

**Directions:**

1. Combine your spinach, potatoes, ginger, onion, salt, and curry powder in a big bowl. Heat your oil in a large-sized skillet over medium-high heat. Add in your potato mixture and press down into a layer. Cook mixture without stirring. Cook until golden

brown on the bottom and crispy. It should take approximately 3 to 5 minutes.

2. Reduce the heat to a medium-low. Fold in your zucchini and chickpeas. Once folded in, press your mixture back into an even layer. Carve 4 wells out in your mixture. Break your eggs and slip into each of your wells. Cover and continue to cook until your eggs are set. It should take approximately 4 to 5 minutes.
3. Serve and Enjoy!

### **3. Panera Mediterranean Breakfast Sandwich**

**Servings:** 1

**Ingredients:**

Egg Whites

1 Ciabatta Roll

1 slice of Tomato

1 slice of White Cheddar Cheese 1 tablespoon of Pesto

1 handful of Baby Spinach Cracked Black Pepper

**Directions:**

1. Split your roll and place the cheese on the bottom half.
2. Lightly broil half of the roll with cheese on it in your toaster oven.
3. Spray a ramekin or mug with cooking spray. Pour egg whites into it and cover. Microwave for approximately 45 to 60 seconds. Place a tomato slice on top of your cooked egg and microwave it for about 10 more seconds. Place your cooked egg and tomato on top of your cheese-covered half of the roll. Sprinkle the top with cracked pepper.

Spread pesto on the top half of your roll. Add spinach on top of the tomato and put your sandwich together.

4. Serve and Enjoy!

## **4. Mediterranean Breakfast Casserole**

**Servings: 8**

### **Ingredients:**

8 Large Eggs

4 Large Egg Whites

1 tablespoon of Fresh Grated Parmesan Cheese 1/4 cup of Almond Milk

1 tablespoon of Chopped Oregano 1/4 teaspoon of Ground Pepper

1 teaspoon of Sea Salt

1/2 cup of Crumbled Feta Cheese

1/4 teaspoon of Garlic Powder

4 ounces of Baby Spinach 4 Artichoke Hearts

1/2 cup of Green Onions 2 Diced Roma Tomatoes 2 Minced Garlic Cloves

2/3 cup of Sliced Mushrooms

### **Directions:**

1. Preheat your oven to 375 degrees.
2. In your mixing bowl, whisk together egg whites, eggs, salt, oregano, garlic powder, and pepper. Mix in your feta cheese and set to the side.
3. Spray a baking dish with your cooking spray. In your dish, layer your green onions, tomatoes, artichokes, spinach, garlic, and mushrooms. Pour the egg mixture over your vegetables. Shake your casserole dish to distribute your egg mixture evenly.
4. Bake for approximately 30 minutes. Allow resting for 10 min before cutting into it.

5. Serve and Enjoy!

## **5. Mediterranean Egg White Breakfast Sandwich**

**Servings:** 4

### **Ingredients:**

1/4 cup of Egg Whites  
10 ounces of Grape Tomatoes 1 teaspoon of Butter  
1 teaspoon of Parsley  
Whole Grain Ciabatta Roll 1 tablespoon of Pesto  
slices of Muenster Cheese  
tablespoon of Extra-Virgin Olive Oil Black Pepper  
Kosher Salt

### **Directions:**

1. Make your roasted tomatoes. Preheat your oven to 400 degrees.
2. Slice your tomatoes in half. Put them on a sheet and drizzle with your olive oil. Toss the tomatoes to coat. Season with pepper and salt. Roast in the oven for approximately 20 minutes. Skins should appear wrinkled once ready.
3. Melt your butter over medium heat in a small skillet. Pour in the egg whites and season them with pepper and salt. Sprinkle parsley on top. Cook approximately 3 to 4 minutes until the egg is done. Be sure to flip it at least once.
4. Toast your ciabatta roll. Cut in half and spread both halves with the pesto once toasted. Place your egg on the bottom half of the sandwich. Top with cheese. Add your roasted tomatoes and the top half of the roll.
5. Serve and Enjoy!

## **6. Mediterranean Scramble**

**Servings:** 1

### **Ingredients:**

Eggs

1/4 cup of Chopped Baby Spinach

2 tablespoons of Crumbled Feta Cheese 2 tablespoons of Diced Zucchini

1 tablespoon of Milk Butter

Ground Pepper

Salt

### **Directions:**

1. In your medium-sized bowl, whisk together milk and eggs until they are combined. Heat a pan over medium-low heat. Add enough butter to coat the bottom of your pan. When the butter has melted, add eggs.
2. Once eggs begin to set, use your spatula, and move eggs inward toward the center of your pan. Continue around outside of your pan in the same way.
3. As curds begin to form, add your zucchini, feta, and spinach to your eggs. Mix well to combine. Move the eggs around your pan until they become fully set.
4. Move eggs onto your plate and season with pepper and salt.
5. Serve and Enjoy!

## **7. Moroccan Style Poached Eggs**

**Servings:** 3

**Ingredients:**

3 Large Eggs

1 tbsp of Olive Oil

1 clove of Grated Garlic 1/4 cup of Chopped Leeks

1 1/2 tablespoons of Tomato Paste 1 1/4 cups of Chopped Tomatoes 1/2 teaspoon of Black Pepper

1/2 teaspoon of Ground Cumin 1/4 teaspoon of Salt

1 teaspoon of Paprika

tablespoon of Chopped Cilantro Pinch of Sugar

**Directions:**

1. Heat olive oil in your pan. Once hot, saute your grated garlic, chopped leeks, and 1/4 cup of water on medium-low heat and allow to simmer for about 5 to 10 minutes.
2. Add your chopped tomatoes, tomato paste, salt, sugar, pepper, spices, and allow to simmer for another 5 to 10 minutes.
3. You can add water as needed. Keep a lid on the pan while simmering.
4. Crack your eggs into the sauce. Cover your pan and poach your eggs for approximately 5 to 6 minutes until they are set well.
5. Season with pepper and salt. Garnish with your chopped cilantro. You can also add the toasted bread of your choice on the side. Allow resting 5 minutes before serving.
6. Serve and Enjoy!

## **8. Healthy Mediterranean Veggie Omelette**

**Servings:** 1

**Ingredients:**



1. eggs
2. 1/3 cup of Baby Spinach 1/3 cup of Grape Tomatoes
3. 1/3 cup of Sliced Crimini Mushrooms 1/4 cup of Feta Cheese
4. 2 tablespoons of Mediterranean Spice Seasoning Extra-Virgin Olive Oil
5. Directions:
6. In a mixing bowl, whisk your 2 eggs together.
7. Pour into a small-sized frying pan and cook over medium heat for approximately 2 minutes.
8. Add your vegetables and seasoning.
9. Once eggs are set and stable, fold them in half.
10. Serve and Enjoy!

## **9. Greek Omelet**

**Servings:** 2

**Ingredients:**

4 Large Eggs  
1/4 cup of Cooked Spinach  
1/2 cup of Crumbled Feta Cheese  
2 tablespoons of Chopped Fresh Dill 2 Thinly Sliced Scallions  
2 teaspoons of Extra-Virgin Olive Oil Ground Pepper

**Directions:**

1. Squeeze your spinach to remove any of the excess water. Blend your eggs with a fork in your bowl. Add scallions, feta, pepper, spinach, and dill. Gently mix them with your rubber spatula.
2. Preheat your broiler.
3. Put the oil in a skillet. Put your egg mixture into the skillet and tilt it to distribute it evenly. Reduce your heat to a medium-low and cook the mixture until the bottom has turned a light golden color. Be sure

to lift the edges to allow any uncooked eggs to flow in underneath.

4. Place your pan under your broiler and cook egg mixture until the top has set. Remove omelet from pan and cut into wedges.
5. Serve and Enjoy!

## **10. Greek Scramble**

**Servings:** 4

### **Ingredients:**

10 Large Eggs 1/4 cup of Milk  
2/3 cup of Crumbled Feta Cheese  
1/2 teaspoon of Fine Salt  
1 tablespoon of Olive Oil  
1/4 teaspoon of Ground Black Pepper 6 ounces of Baby Spinach  
1/2 Diced Yellow Onion  
1 cup of Quartered Cherry Tomatoes Pita Bread

### **Directions:**

1. Whisk your eggs, salt, pepper, and milk in a large bowl. Set to the side.
2. Put the oil in a skillet over medium heat until simmering. Add your onion. Stir occasionally, cook for approximately 5 minutes. Add the spinach, tossing until completely wilted and no liquid is left. It should take approximately 3 minutes. Reduce your heat to a medium-low and pour in your egg mixture. Cook for 2 minutes. Using a rubber spatula, push your set eggs from the edge of the skillet to the center. Spread your eggs back into an even layer. Repeat, pushing the set eggs from the edges to the center every 30 seconds until they are

- all nearly set. The total cooking time should be approximately 6 minutes.
3. Remove skillet from the heat and fold in your tomatoes. Toast your pita bread.
  4. Serve and Enjoy!

## **11. Creamy Cuban Fu Fu**

**Servings:** 8

**Ingredients:**

4 slices of Chopped Bacon 4 Sliced Sweet Plantains  
1 Small Chopped Onion  
1/2 cup of Light Mayonnaise 1 clove of Chopped Garlic

**Directions:**

1. Cover your plantains with water in a 4-quart sauce skillet. Bring the skillet to a boil over medium-high heat. Reduce the heat and allow to simmer for approximately 10 minutes until the plantains are tender. Drain the water from your skillet and mash your plantains. Set to the side.
2. Cook your bacon in a 10-inch skillet over medium heat until the bacon is crisp. Drain excess liquid. Reserve a tablespoon of the bacon drippings.
3. Heat your reserved drippings in the same skillet and cook your onion for approximately 4 minutes. Make sure to stir occasionally. Once the onion is tender, add your garlic and cook for approximately 1 more minute.
4. Combine your plantains, onion mixture, 1/2 of the bacon, and mayonnaise in a serving bowl. Garnish it with your remaining bacon.

5. Serve and Enjoy!

## **12. Roasted Asparagus Prosciutto & Egg**

**Servings:** 4

### **Ingredients:**

1 bunch of Trimmed Fresh Asparagus 1 tablespoon of Olive Oil  
1 tablespoon of e.v.o.  
2 ounces of Minced Prosciutto  
4 Eggs  
1 teaspoon of Distilled White Vinegar 1/2 of a Lemon (Juiced & Zested) Pinch of Ground Black Pepper  
Pinch of Salt

### **Directions:**

1. Preheat your oven to 425 degrees.
2. Place your asparagus in a baking dish and then drizzle with your extra-virgin olive oil.
3. Heat olive oil in your skillet over medium-low heat. Add in your prosciutto. Cook approximately 3 to 4 minutes. Stir it until it is golden colored and rendered. Sprinkle your oil and prosciutto over your asparagus. Season with your pepper and toss it to coat well.
4. Roast it in your oven for approximately 10 minutes. Take out and toss it again.
5. Place back in your oven for an additional 5 minutes until asparagus is firm yet still tender.
6. Fill a big saucepan with approximately 2 to 3 inches of water and boil over high heat. Reduce the heat to medium-low. Pour in your vinegar and salt.

7. Crack the egg, then slip your egg gently into the water. Continue this with all of your remaining eggs. Poach your eggs until the whites are firm and the yolks have gotten thick, but not hard. It should take approximately 4 to 6 minutes.
8. Remove your eggs using a slotted spoon. Dab on a towel to help remove any excess water. Move to a warm plate.
9. Drizzle lemon juice over asparagus. Place asparagus on plate and top with your poached egg and a pinch of the lemon zest. Season it with your black pepper.
10. Serve and Enjoy!

## **13. Creamy Loaded Mashed Potatoes**

**Servings:** 8

### **Ingredients:**

3 pounds of Cubed and Peeled Potatoes  
1 cup of Mayonnaise  
1 cup of Sour Cream  
6 slices of Bacon or Turkey Bacon  
1 1/2 cups of Cheese  
3 Chopped Green Onions

### **Directions:**

1. Cover your potatoes with water in a 4-quart sauce skillet. Boil over high heat. Reduce heat to low and cook approximately 10 minutes until the potatoes are tender. Drain them and mash.
2. Preheat your oven to 375 degrees. Spray baking dish with cooking spray.
3. Stir in mayonnaise, green onions, 4 strips of crumbled bacon, and sour cream. Turn them into your baking dish and cook for approximately 30 minutes.

4. Top with the remaining 1/2 cup of cheese and your bacon. Bake for 5 more minutes, Until the cheese has melted.
5. Serve and Enjoy!

## **14. Greek Yogurt w/Berries & Seeds**

**Servings:** 1

**Ingredients:**

1 handful of Blueberries 1 handful of Raspberries  
1 tbsp of Greek Yogurt  
1 tsp of Sunflower Seeds 1 teaspoon of Pumpkin Seeds 1  
teaspoon of Sliced Almonds

**Directions:**

1. Wash and dry your berries. Place them into a dish.
2. Spoon your Greek yogurt on top and sprinkle it with your seeds and nuts.
3. Serve and Enjoy!

## **15. Greek Yogurt Parfait**

**Servings:** 4

**Ingredients:**

4 teaspoons of Honey  
3 cups of Plain Fat-Free Greek Yogurt 28 Clementine  
Segments  
1 teaspoon of Vanilla Extract  
1/4 cup of Shelled Unsalted Dry Roasted Chopped Pistachios

**Directions:**

1. Combine your vanilla and Greek yogurt in your bowl. Spoon in 1/3 cup of your yogurt mixture into 4 parfait glasses. Top each of them with 1/2 teaspoon

- of honey, 1/2 tablespoon of nuts, and 5 clementine sections.
2. Top your parfaits with the remaining yogurt mixture. Top each with 1/2 teaspoon of honey, 1/2 tablespoon of nuts, and 2 clementine segments.
  3. Serve and Enjoy!

## **16. Waffled Falafel**

**Servings:** 4

### **Ingredients:**

2 cans of Garbanzo Beans 1 Chopped Medium Onion 2 Large Egg Whites  
1/4 cup of Chopped Fresh Cilantro 1/4 cup of Chopped Fresh Parsley  
1 1/2 tablespoons of All-Purpose Flour  
3 Cloves of Roasted Garlic  
2 teaspoons of Ground Cumin 1 3/4 teaspoons of Salt  
1 tsp of Ground Coriander 1/4 teaspoon of Cayenne Pepper  
1/4 teaspoon of Ground Black Pepper  
Pinch of Ground Cardamom Cooking Spray

### **Directions:**

1. Preheat your waffle iron. Spray inside of iron with your cooking spray.
2. Process your garbanzo beans in your food processor until they are coarsely chopped.
3. Add in your egg whites, onion, parsley, cilantro, flour, garlic, cumin, coriander, salt, cayenne pepper, black pepper, and ground cardamom to your garbanzo beans.
4. Pulse in your food processor until your batter resembles a coarse meal. Scrape down the sides while pulsing.

5. Pour your batter into a bowl and stir it with your fork.
6. Spoon 1/4 cup of batter onto each section of your waffle iron. Cook until they are evenly browned. It should take approximately 5 minutes. Repeat the process with batter until it has all been used.
7. Serve and Enjoy!

## **17. Yogurt Cheese**

**Servings:** 2

**Ingredients:**

4 cups full-fat plain yogurt

Teaspoon unrefined sea salt extra- virgin olive oil, unfiltered

**Directions:**

1. Using a spatula, scrape the yogurt into the lined strainer. Fold the cheesecloth's ends over the yogurt and refrigerate overnight, or for a minimum of 12 hours.
2. Remove the thickened strained cheese from the cloth. Transfer the mixture to a shallow serving dish and smooth out the top in a circular fashion using a spatula.
3. Make a few swirls, then drizzle a relatively generous amount of olive oil in the indentations.
4. Sprinkle with e olives in the middle. Serve with bread for dipping.

## **18. Omelet Provencale**

**Servings:** 4

**Ingredients:**



teaspoons for serving extra-virgin olive oil 2 zucchini, diced  
2 roasted drained red peppers from a jar, chopped finely 1  
clove garlic, chopped finely  
¼ cup chives, finely chopped 8 eggs  
½ teaspoon unrefined sea salt or salt  
¼ teaspoon freshly ground black pepper  
½ cup goat cheese  
2 tablespoons fresh basil, chopped finely  
4 cups mixed field greens, such as baby spinach or arugula  
1 teaspoon lemon juice

**Directions:**

1. Put 2 tbsp (30 ml) of oil in a large skillet over medium heat. Add the zucchini, roasted red pepper, garlic, and chives, then cook gently for about 10 minutes, until softened. Break the eggs into a bowl, whisk lightly, and season with salt and pepper. Pour the eggs into the skillet, turn, and swivel to coat. Add knobs of the goat cheese over the top and sprinkle with basil.
2. Serve a slice of the omelet on the side.

## **19. Chili Cheese Omelet**

**Servings:** 4

**Ingredients:**

2 Tbsp. Green chilis, chopped 1 large green onion, chopped  
2 tbsp. olive oil  
oz. Monterey Jack cheese, grated, optional garnish  
sour cream salt  
pepper to taste

**Directions:**

1. Make an individual omelet according to instructions. When the eggs are nearly set and just moist on top,

- quickly spread the grated cheese over one side of the omelet.
2. Sprinkle the chopped green onions and green chilis evenly over the cheese and fold the other side of the omelet over the filling. Leave the omelet in the pan, on medium-low heat, for another minute or so, just long enough for the cheese to melt.
  3. Slide the omelet in a plate and serve, garnished with sour cream if desired.

## **20. Chickpea Soup with Shrimp**

**Servings:** 3

### **Ingredients:**

For the Shrimp, Unrefined sea salt:

½ teaspoon chopped fresh rosemary Freshly ground black pepper

1 tablespoon extra-virgin olive oil For the Stock

½ pound shrimp, peeled, deveined

1 carrot

1 onion, halved

1 rib celery Unrefined sea salt

¼ teaspoon ground black pepper 1 bay leaf

For the Chickpea Soup:

cup dried chickpeas, soaked overnight 1 lemon, juiced

### **Directions:**

1. To make the shrimp stock: Place the shrimp peels in a large stock skillet with 8 cups water, carrot, onion, and celery. Bring to a boil over high heat.
2. Add 1 tablespoon (18 g) salt, peppercorns, and bay leaf. Reduce heat to medium-low and simmer for 30 minutes, and strain.
3. To make the chickpea soup: Place the chickpeas in a large saucepan or stock skillet with 6 cups of

- shrimp stock and onion. Simmer, covered, on medium-low until the chickpeas are tender.
4. Blend well until a purée is formed. Return the mixture to the skillet. Taste and adjust salt if necessary. Stir on low heat until ready to serve.
  5. To make the shrimp: Heat the olive oil in a large skillet over medium-high heat. Add the shrimp and rosemary when the oil is hot. Season with salt to taste.
  6. Cook for 3 minutes per side, or begin to turn bright pink and are cooked through. Garnish soup with shrimp.

## **21. Strawberry Marmalade**

**Servings:** 3

**Ingredients:**

600 grams of Sugar  
a kilogram of Strawberries.

**Directions:**

1. Wash your strawberries. Cut into smaller sized pieces.
2. Put your strawberries in a casserole dish and cover them with sugar.
3. Let them sit overnight to get their juices extracted. This will turn your sugar into a red-colored syrup.
4. Put the casserole dish on high heat and continuously stir until your sugar has dissolved and the fruit has boiled.
5. When it begins to foam, clean it using a spoon.
6. Lower the heat and stir often for approximately 20 minutes. You don't want marmalade sticking to the bottom.

7. Take off heat when it is shiny and thick.
8. Seal in jars to preserve. Suitable for up to a year.
9. Serve and Enjoy!

## **22. Potato and Zucchini Omelet**

**Servings:** 3

### **Ingredients:**

½ lb. potato (about 1¼ cups diced)  
½ lb. zucchini (about 1½ cups diced)  
⅔ cup chopped onion (1 small) 1 Tbs. butter  
Tbs. olive oil  
¼ tsp. dried dill weed  
¼ tsp. dried basil, crushed  
½ tsp. crushed dried red pepper salt to taste  
fresh-ground black pepper to taste 5 to 6 eggs  
butter for frying garnish  
sour cream

### **Directions:**

1. Peel or scrub the potato and cut it into ½-inch dice. Wash, trim, and finely dice the zucchini. Drop the diced potato into boiling salted water and cook for 5 minutes, then drain it and set it aside. Cook the diced zucchini in boiling water for 3 to 4 minutes, drain and set aside.
2. Heat the butter and the olive oil in a medium-sized skillet and sauté the onions in it until they start to color.
3. Add the partially cooked potato and zucchini, the dill weed, basil, crushed red pepper, and salt. Cook this mixture over medium heat, often stirring, until the potatoes are just tender. Grind in some black pepper and add more salt if needed.

4. Make either 2 medium-sized or 3 small omelets according to the directions. When the eggs are almost set, spoon some of the hot vegetables onto one side and fold the other side of the omelet over the filling. Slide the omelets out onto warm plates and serve immediately with sour cream.

## **23. Secret Breakfast Sundaes**

**Servings:** 4

**Ingredients:**

6 slices of Bacon

1/2 cup of Heavy Whipping Cream

5 tablespoons of Pure Maple Syrup or Pancake Syrup 3  
tablespoons of Light Brown Sugar

3/4 cup of Granola Cereal 2 cups of Coffee Ice Cream

2 cups of Butter Pecan Ice Cream

4 Fresh Strawberries

**Directions:**

1. Preheat your oven to 400 degrees.
2. Arrange your bacon on a non-stick baking sheet. Sprinkle 1/2 of your brown sugar over the bacon. Bake for approximately 6 minutes. Turn the bacon and sprinkle the remaining brown sugar over it. Bake for an additional 6 minutes until bacon is dark brown. Remove from your oven and allow to cool on a wire rack. Once your bacon has cooled, crumble it up and set it aside.
3. Beat together with a tablespoon of maple syrup with a 1/2 cup of cream in a 2-quart metal bowl using an electric mixer.
4. Spoon 2 tablespoons of granola into 4 parfait glasses. Evenly scoop the butter pecan ice cream

into glasses and sprinkle them with your remaining granola. Add your coffee ice cream to each glass and evenly drizzle the remaining maple syrup on top. Sprinkle with your bacon and top with strawberries.

5. Serve and Enjoy!

## **24. Banana Nut Oatmeal**

**Servings:** 1

**Ingredients:**

Peeled Banana

1/2 cup of Skim Milk

1/4 cup of Quick Cooking Oats

3 tbsp of Honey

tablespoons of Chopped Walnuts 1 teaspoon of Flax Seeds

**Directions:**

1. Combine your milk, oats, honey, walnuts, banana, and flax seeds in a microwave-safe bowl. Cook in the microwave for 3 minutes, Mash your banana using a fork and stir it into the mixture.
2. Serve and Enjoy!

## **25. Greek Frittata w/Zucchini, Tomatoes, Feta, and Herbs**

**Servings:** 4

**Ingredients:**

6 Eggs

15 ounces of Diced Tomatoes 1 Diced Medium Zucchini

1 tablespoon of Olive Oil 2 Cloves of Minced Garlic

1/2 cup of Mozzarella Cheese 1 tablespoon of Cream

1/4 cup of Crumbled Feta Cheese 1/4 teaspoon of Oregano  
1/2 teaspoon of Dried Basil  
1 teaspoon of Spike Seasoning Cracked Black Pepper

**Directions:**

1. Pour your tomatoes into your colander and allow them to drain out any liquid into your sink. Cut the ends off your zucchini and dice it into smaller pieces.
2. Preheat your broiler. Spray a frying pan with cooking spray. Heat olive oil in your pan. Add the garlic, zucchini, spike seasoning, and dried herb. Saute them for approximately 3 minutes. Add your tomatoes and cook an additional 3 to 5 minutes. All the liquid from your tomatoes should be evaporated.
3. While your vegetables are cooking, break your eggs in a bowl and beat them well. Pour your eggs into the pan with your vegetable mix and cook an additional 2 to 3 minutes. Eggs should just be beginning to set.
4. Add half of your feta and mozzarella cheese. Stir them in gently. Cook for approximately 3 minutes. Sprinkle the rest of your feta and mozzarella cheese over the top and allow to cook for 3 more minutes with a lid covering your pan. Cheese should be mostly melted, and the eggs should be nearly set.
5. Place under your broiler until the top becomes browned slightly. It should only take a few minutes. Keep a close eye on it. Rotate the pan if necessary to get an even browning.
6. Sprinkle any additional fresh herbs if you so desire. Cut into pie-shaped wedges.
7. Serve and Enjoy!

## **26. Greek Yogurt Pancakes**

**Servings:** 4

Ingredients:

a cup of Old-Fashioned Oats 2 tablespoons of Flax Seeds 1  
teaspoon of Baking Soda 1/2 cup of All-Purpose Flour 1/4  
teaspoon of Salt

cups of Vanilla Greek Yogurt

2 tablespoons of Honey or Agave 2 Large Eggs

2 tablespoons of Canola Oil Syrup

Fresh Fruit

### **Directions:**

1. Combine oats, seeds, flour, baking soda, and salt in your blender and pulse for approximately 30 seconds.
2. Add in your eggs, yogurt, agave, and oil. Blend until it is smooth. Let your batter stand for approximately 20 minutes to thicken.
3. Heat your skillet over medium heat. Brush your skillet with oil. Spoon your batter 1/4 of a cup at a time into your skillet. Cook your pancakes until the bottoms turn golden brown and bubbles begin forming on top. It should take about 2 minutes. Turn over your pancakes and cook until the bottoms are golden brown. It should take another 2 minutes.
4. Transfer pancakes to your baking sheet. Keep warm in your oven. Repeat the process until all your batter is cooked.
5. Add on desired syrup and fruit toppings.
6. Serve and Enjoy!

## **27. Mediterranean Tofu Scramble**

**Servings:** 4



### Ingredients:

2 tablespoons of Olive Oil 1 Diced Purple Onion  
2 cloves of Minced Garlic 1 pound of Extra Firm Tofu  
1 Diced Medium Red Bell Pepper  
1 tablespoon of Lemon Juice 2 tablespoons of Soy Sauce 2  
tablespoons of Seasoning  
1 teaspoon of Ground Turmeric  
1/4 cup of Finely Chopped Fresh Parsley  
Chopped Scallions  
1/2 teaspoon of Red Pepper Flakes Toast  
Hot Sauce Pita Bread Hummus

### Directions:

1. Coat the bottom of your large skillet with olive oil and put it over medium heat. Once the oil is hot, add your onion and saute until it has softened. It should take about 5 minutes. Add garlic and cook an additional minute.
2. Crumble your tofu into your skillet and add your soy sauce, bell pepper, seasoning, lemon juice, and red pepper flakes. Keep cooking, flipping with your spatula, until your bell pepper pieces are crisp and tender. It should take about 5 minutes. Remove from the heat and fold in your scallions and parsley.
3. Serve with pita, toast, hot sauce, and hummus. Enjoy!

## **28. Mediterranean Scrambled Eggs w/Spinach, Tomato, and Feta**

**Servings:** 2

### Ingredients:

3 Eggs

1/3 cup of Diced Tomatoes 1/8 cup of Cubed Feta Cheese 1 cup of Baby Spinach

1 tablespoon of Vegetable Oil Pepper

Salt

**Directions:**

1. Put your oil in a pan on medium heat. Saute your tomatoes and spinach until the spinach has wilted.
2. Add your eggs and mix to scramble. After approximately 30 seconds, add your feta cheese.
3. Cook until the eggs are done to your desired preference. Season with pepper and salt.
4. Serve and Enjoy!

## **29. Avocado Breakfast Sandwiches**

**Servings:** 4

**Ingredients:**

4 Large Eggs

1 Sliced Avocado

1/4 cup of Light Mayonnaise 1 teaspoon of Dijon Mustard

1/4 cup of Nonfat Plain Yogurt

1 teaspoon of Lime Juice

4 slices of Whole Grain Bread 1 Knorr Chipotle Mini Cube

**Directions:**

1. Heat your mayo, mustard, yogurt, lime juice, and Chipotle in a saucepan over low heat.
2. Cook your eggs to your desired preference.
3. Layer your eggs and avocado on toast. Drizzle with your sauce.
4. Serve and Enjoy!

## **30. Baked Mediterranean Frittata**

**Servings:** 8

### **Ingredients:**

4 Large Eggs  
1 cup of Egg Whites  
1 tablespoon of Olive Oil  
1 Small Chopped Purple Onion  
1 Large Chopped Red Bell Pepper 1 cup of Sliced Mushrooms  
6 cups of Baby Spinach  
1/2 teaspoon of Baking Powder 1/3 cup of Whole Wheat Flour  
1 teaspoon of Dijon Mustard  
1/2 teaspoon of Red Pepper Flakes 1 cup of Crumbled Feta Cheese  
1 cup of Cottage Cheese

### **Directions:**

1. Preheat your oven to 350 degrees.
2. Heat your olive oil in a cast-iron pan. Saute the garlic and onion. Add your sliced mushrooms, red pepper, and spinach. Cook them until soft. Turn off your heat.
3. In a mixing bowl, mix your egg whites and eggs with a whisk. Stir in your baking powder, flour, mustard, red pepper flakes, feta cheese, and cottage cheese.
4. Put your egg mixture into a cast iron pan. Bake an additional 25 minutes until they are golden brown and the center is set.
5. Remove from your oven and allow to stand for 10 to 15 minutes. Cut into slices.
6. Serve and Enjoy!



## **Snacks and Sides**

### **31. Meatballs Platter**

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

**Ingredients:**

1 pound beef meat, ground

¼ cup panko breadcrumbs

A pinch of salt and black pepper 3 tablespoons red onion, grated

¼ cup parsley, chopped 2 garlic cloves, minced

tablespoons lemon juice Zest of 1 lemon, grated

egg

½ teaspoon cumin, ground

½ teaspoon coriander, ground

¼ teaspoon cinnamon powder 2 ounces feta cheese, crumbled

**Directions:**

1. In a bowl, mix the beef with the breadcrumbs, salt, pepper, and the rest of the ingredients except the cooking spray, stir well and shape medium balls out of this mix.
2. Arrange the meatballs on a baking sheet lined with parchment paper, grease them with cooking spray and bake at 450° F for 15 minutes.
3. Put the meatballs on a platter and serve as an appetizer.

**Nutrition:** Calories 300; Fat 15.4 g; Fiber 6.4 g, Carbs 22.4 g; Protein 35 g

## **32. Yogurt Dip**

**Servings:** 6

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

2 cups Greek yogurt

tablespoons pistachios, toasted and chopped A pinch of salt and white pepper  
2 tablespoons mint, chopped  
1 tablespoon kalamata olives, pitted and chopped  
¼ cup za'atar spice  
¼ cup pomegranate 1/3 cup of olive oil

**Directions:**

1. In a bowl, combine the yogurt with the pistachios and the rest of the ingredients, whisk well, divide into small cups and serve with pita chips on the side.

**Nutrition:** Calories 294; Fat 18 g; Fiber 1 g; Carbs 21 g; Protein 10 g

## **33. Tomato Bruschetta**

**Servings:** 6

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Ingredients:**

1 baguette, sliced 1/3 cup basil, chopped  
6 tomatoes, cubed  
2 garlic cloves, minced  
A pinch of salt and black pepper  
1 teaspoon olive oil  
tablespoon balsamic vinegar  
½ teaspoon garlic powder Cooking spray

**Directions:**

1. Put the baguette slices on a baking tin covered with parchment paper, grease them with cooking spray and bake at 400° F for 10 minutes.

2. Mix the tomatoes with the basil and the remaining ingredients, toss well and leave aside for 10 minutes.
3. Divide the tomato mix on each baguette slice, arrange them all on a platter and serve.

**Nutrition:** Calories 162; Fat 4 g; Fiber 7 g; Carbs 29 g; Protein 4 g

## 34. Artichoke Flatbread

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minutes

### **Ingredients:**

5 tablespoons olive oil 2 garlic cloves, minced  
tablespoons parsley chopped 2 round whole-wheat flatbreads  
4 tablespoons parmesan, grated  
½ cup mozzarella cheese, grated  
14 ounces canned artichokes, drained and quartered 1 cup  
baby spinach, chopped  
½ cup cherry tomatoes halved  
½ teaspoon basil, dried  
Salt and black pepper to the taste

### **Directions:**

1. In a bowl, mix the parsley with the garlic and 4 tablespoons oil, whisk well, and spread this over the flatbreads.
2. Sprinkle the mozzarella and half of the parmesan.
3. In a bowl, mix the artichokes with the spinach, tomatoes, basil, salt, pepper, and the rest of the oil; toss and divide over the flatbreads as well.
4. Spread the rest of the parmesan on top, arrange the flatbreads on a baking sheet lined with parchment

- paper and bake at 425° F for 15 minutes.  
5. Serve as an appetizer.

**Nutrition:** Calories 223; Fat 11.2 g; Fiber 5.34 g, Carbs 15.5 g; Protein 7.4 g

## 35. Red Pepper Tapenade

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking time:** 0 minutes

Ingredients:

7 ounces roasted red peppers, chopped

½ cup parmesan, grated 1/3 cup parsley, chopped

14 ounces canned artichokes, drained and chopped 3  
tablespoons olive oil

¼ cup capers, drained

1 and ½ tablespoons lemon juice 2 garlic cloves, minced

**Directions:**

1. In your blender, combine the red peppers with the parmesan and the rest of the ingredients and pulse well.
2. Divide into cups and serve as a snack.

**Nutrition:** Calories 200; Fat 5.6 g; Fiber 4.5 g; Carbs 12.4 g; Protein 4.6 g

## 36. Coriander Falafel

**Servings:** 8

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Ingredients:**



1 cup canned garbanzo beans, drained and rinsed 1 bunch  
parsley leaves  
1 yellow onion, chopped 5 garlic cloves, minced  
1 teaspoon coriander, ground  
A pinch of salt and black pepper  
¼ teaspoon cayenne pepper  
¼ teaspoon baking soda  
¼ teaspoon cumin powder 1 teaspoon lemon juice  
3 tablespoons tapioca flour Olive oil for frying

**Directions:**

1. In your food processor, combine the beans with the parsley, onion, and the rest of the ingredients except the oil and the flour, and pulse well.
2. Transfer the mix to a bowl, add the flour, stir well, shape 16 balls out of this mix and flatten them a bit.
3. Heat a pan with some oil over medium-high heat, add the falafels, cook them for 5 minutes on each side, transfer to paper towels, drain excess grease, arrange them on a platter and serve as an appetizer.

**Nutrition:** Calories 112; Fat 6.2 g; Fiber 2 g; Carbs 12.3 g;  
Protein 3.1g

## **37. Red Pepper Hummus**

**Servings:** 6

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

6 ounces roasted red peppers, peeled and chopped 16  
ounces canned chickpeas, drained and rinsed  
¼ cup Greek yogurt  
3 tablespoons tahini paste Juice of 1 lemon

3 garlic cloves, minced 1 tablespoon olive oil A pinch of salt and black pepper  
1 tablespoon parsley, chopped

**Directions:**

1. In your food processor, combine the red peppers with the rest of the ingredients except the oil and the parsley and pulse well.
2. Add the oil, pulse again, divide into cups, sprinkle the parsley on top, and serve as a party spread.

**Nutrition:** Calories 255; Fat 11.4 g; Fiber 4.5 g; Carbs 17.4 g; Protein 6.5 g

## **38. White Bean Dip**

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minute

**Ingredients:**

15 ounces canned white beans, drained and rinsed  
6 ounces canned artichoke hearts, drained and quartered 4  
garlic cloves, minced  
tablespoon basil, chopped 2 tablespoons olive oil Juice of ½  
lemon  
Zest of ½ lemon, grated  
Salt and black pepper to the taste

**Directions:**

1. In your food processor, combine the beans with the artichokes and the rest of the ingredients except the oil and pulse well.
2. Add the oil gradually, pulse the mix again, divide into cups, and serve as a party dip.

**Nutrition:** Calories 274; Fat 11.7 g; Fiber 6.5 g; Carbs 18.5 g; Protein 16.5 g

## 39. Hummus with Ground Lamb

**Servings:** 8

**Preparation Time:** 10 minutes

**Cooking Time:** 15-minute

### **Ingredients:**

10 ounces hummus 12 ounces lamb meat, ground

½ cup pomegranate seeds

¼ cup parsley, chopped 1 tablespoon olive oil Pita chips for serving

### **Directions:**

1. Heat a pan with the oil over medium-high heat, add the meat, and brown for 15 minutes, stirring often.
2. Spread the hummus on a platter, spread the ground lamb all over, also spread the pomegranate seeds and the parsley, and serve with pita chips as a snack.

**Nutrition:** Calories 133; Fat 9.7 g; Fiber 1.7 g; Carbs 6.4 g; Protein 5

## 40. Eggplant Dip

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 40 minutes

### **Ingredients:**

1 eggplant, poked with a fork 2 tablespoons tahini paste

tablespoons lemon juice 2 garlic cloves, minced

1 tablespoon olive oil

Salt and black pepper to the taste  
1 tablespoon parsley, chopped

**Directions:**

1. Put the eggplant in a roasting pan, bake at 400° F for 40 minutes, cool down, peel, and transfer to your food processor.
2. Add all the ingredients except the parsley, pulse well, divide into small bowls and serve as an appetizer with the parsley sprinkled on top.

**Nutrition:** Calories 121; Fat 4.3 g; Fiber 1 g; Carbs 1.4 g; Protein 4.3 g

## 41. Veggie Fritters

**Servings:** 8

**Preparation Time:** 10 minutes

**Cooking Time:** 10 minutes

**Ingredients:**

2 garlic cloves, minced 2 yellow onions, chopped  
4 scallions, chopped  
2 carrots, grated  
2 teaspoons cumin, ground  
½ tsp turmeric powder  
Salt and black pepper to the taste  
¼ teaspoon coriander ground 2 tablespoons parsley, chopped  
¼ teaspoon lemon juice  
½ cup almond flour  
beets, peeled and grated two eggs, whisked  
¼ cup tapioca flour  
tablespoons olive oil

**Directions:**

1. In a bowl, combine the garlic with the onions, scallions, and the rest of the ingredients except the oil, stir well and shape medium patties out of this mix.
2. Heat a pan with the oil over medium-high heat, add the patties, cook for 5 minutes on each side, arrange on a platter, and serve.

**Nutrition:** Calories 209; Fat 11.2 g; Fiber 3 g; Carbs 4.4 g; Protein 4.8 g

## 42. Bulgur Lamb Meatballs

**Servings:** 6

**Preparation Time:** 10 minutes

**Cooking Time:** 15 minute

### **Ingredients:**

1 and ½ cups Greek yogurt  
½ teaspoon cumin ground 1 cup cucumber, shredded  
½ teaspoon garlic, minced  
A pinch of salt and pepper  
1 cup bulgur  
2 cups of water  
1 pound lamb, ground  
¼ cup parsley, chopped  
¼ cup shallots, chopped  
½ teaspoon allspice, ground  
½ teaspoon cinnamon powder 1 tablespoon olive oil

### **Directions:**

1. In a bowl, combine the bulgur with the water, cover the bowl, leave aside for 10 minutes, drain and transfer to a bowl.

2. Add the meat, the yogurt, and the rest of the ingredients except the oil, stir well and shape medium meatballs out of this mix.
3. Heat a pan with the oil over medium-high heat, add the meatballs, cook them for 7 minutes on each side, arrange them all on a platter and serve as an appetizer.

**Nutrition:** Calories 300; Fat 9.6 g; Fiber 4.6 g; Carbs 22.6 g; Protein 6.6 g

## 43. Cucumber Bites

**Servings:** 12

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

### **Ingredients:**

1 English cucumber, sliced into 32 rounds 10 ounces hummus

16 cherry tomatoes, halved

tablespoon parsley, chopped 1-ounce feta cheese, crumbled

### **Directions:**

1. Spread the hummus on each cucumber round, divide the tomato halves on each, sprinkle the cheese and parsley on to, and serve as an appetizer.

**Nutrition:** Calories 162; Fat 3.4 g; Fiber 2 g; Carbs 6.4 g; Protein 2.4 g

## 44. Stuffed Avocado

**Servings:** 2

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minute

**Ingredients:**

1 avocado, halved and pitted 10 ounces canned tuna, drained  
tablespoons sun-dried tomatoes, chopped 1 and ½  
tablespoon basil pesto  
2 tablespoons black olives, pitted and chopped Salt and black pepper to the taste  
2 teaspoons pine nuts, toasted and chopped 1 tablespoon basil, chopped

**Directions:**

Combine the tuna with the sun-dried tomatoes and the rest of the ingredients except the avocado and stir.  
Stuff the avocado halves with the tuna mix and serve as an appetizer.

**Nutrition:** Calories 233; Fat 9 g; Fiber 3.5 g; Carbs 11.4 g; Protein 5.6 g

## 45. Wrapped Plums

**Servings:** 8

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

2 ounces prosciutto, cut into 16 pieces 4 plums, quartered  
tablespoon chives, chopped  
A pinch of red pepper flakes, crushed

**Directions:**

1. Wrap each plum quarter in a prosciutto slice, arrange them all on a platter, sprinkle the chives and pepper flakes all over, and serve.

**Nutrition:** Calories 30; Fat 1 g; Fiber 0 g; Carbs 4 g; Protein 2 g

## 46. Cucumber Sandwich Bites

**Servings:** 12

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

### **Ingredients:**

1 cucumber, sliced 8 slices whole wheat bread  
tablespoons cream cheese, soft 1 tablespoon chives,  
chopped  
¼ cup avocado, peeled, pitted, and mashed 1 teaspoon  
mustard  
Salt and black pepper to the taste

### **Directions:**

1. Spread the mashed avocado on each bread slice, also spread the rest of the ingredients except the cucumber slices.
2. Divide the cucumber slices into the bread slices, cut each slice in thirds, arrange on a platter, and serve as an appetizer.

**Nutrition:** Calories 187; Fat 12.4 g; Fiber 2.1 g; Carbs 4.5 g; Protein 8.2 g

## 47. Olives and Cheese Stuffed Tomatoes

**Servings:** 24

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes



**Ingredients:**

24 cherry tomatoes, top cut off, and insides scooped out  
2 tablespoons olive oil  
¼ teaspoon red pepper flakes  
½ cup feta cheese, crumbled  
tablespoons black olive paste  
¼ cup mint, torn

**Directions:**

1. In a bowl, mix the olives paste with the rest of the ingredients except the cherry tomatoes and whisk well.
2. Stuff the cherry tomatoes with this mix, arrange them all on a platter, and serve as an appetizer.

**Nutrition:** Calories 136; Fat 8.6 g; Fiber 4.8 g; Carbs 5.6 g; Protein 5.1 g

## 48. Cucumber Rolls

**Servings:** 6

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

1 big cucumber, sliced lengthwise  
1 tablespoon parsley, chopped  
8 ounces canned tuna, drained and mashed  
Salt and black pepper to the taste  
teaspoon lime juice

**Directions:**

1. Arrange cucumber slices on a working surface, divide the rest of the ingredients, and roll.
2. Arrange all the rolls on a platter and serve as an appetizer.

**Nutrition:** Calories 200; Fat 6 g; Fiber 3.4 g; Carbs 7.6 g; Protein 3.5 g

## 49. Tomato Salsa

**Servings:** 6

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

1 garlic clove, minced 4 tablespoons olive oil

5 tomatoes, cubed

1 tablespoon balsamic vinegar

¼ cup basil, chopped

1 tbsp parsley, chopped 1 tablespoon chives, chopped

Salt and black pepper to the taste Pita chips for serving

**Directions:**

In a bowl, mix the tomatoes with the garlic and the rest of the ingredients except the pita chips, stir, divide into small cups and serve with the pita chips on the side.

**Nutrition:** Calories 160; Fat 13.7 g; Fiber 5.5 g; Carbs 10.1 g; Protein 2.2

## 50. Chili Mango and Watermelon Salsa

**Servings:** 12

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

1 red tomato, chopped Salt, and black pepper to the taste

cup watermelon, seedless, peeled and cubed 1 red onion, chopped  
mangos, peeled and chopped 2 chili peppers, chopped  
¼ cup cilantro, chopped 3 tablespoons lime juice Pita chips  
for serving

**Directions:**

1. In a bowl, mix the tomato with the watermelon, the onion, and the rest of the ingredients except the pita chips and toss well. Divide the mix into small cups and serve with pita chips on the side.

**Nutrition:** Calories 62; Fat g; Fiber 1.3 g; Carbs 3.9 g; Protein 2.3 g

## **51. Creamy Spinach and Shallots Dip**

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

1 pound spinach, roughly chopped 2 shallots, chopped  
2 tablespoons mint, chopped  
¾ cup cream cheese, soft  
Salt and black pepper to the taste

**Directions:**

1. In a blender, combine the spinach with the shallots and the rest of the ingredients, and pulse well. Divide into small bowls and serve as a party dip.

**Nutrition:** Calories 204; Fat 11.5 g; Fiber 3.1 g; Carbs 4.2 g; Protein 5.9 g

## 52. Feta Artichoke Dip

**Servings:** 8

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

### **Ingredients:**

8 ounces artichoke hearts, drained and quartered

$\frac{3}{4}$  cup basil, chopped

$\frac{3}{4}$  cup green olives, pitted and chopped

1 cup parmesan cheese, grated 5 ounces feta cheese, crumbled

### **Directions:**

1. In your food processor, mix the artichokes with the basil and the rest of the ingredients, pulse well, and transfer to a baking dish.
2. Introduce in the oven, bake at 375° F for 30 minutes and serve as a party dip.

**Nutrition:** Calories 186; Fat 12.4 g; Fiber 0.9 g; Carbs 2.6 g; Protein 1.5 g

## 53. Avocado Dip

**Servings:** 8

**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

### **Ingredients:**

$\frac{1}{2}$  cup heavy cream 1 green chili pepper, chopped Salt and pepper to the taste

4 avocados, pitted, peeled, and chopped  
cup cilantro, chopped  $\frac{1}{4}$  cup lime juice

**Directions:**

1. In a blender, combine the cream with the avocados and the rest of the ingredients and pulse well. Divide the mix into bowls and serve cold as a party dip.

**Nutrition:** Calories 200; Fat 14.5 g; Fiber 3.8 g; Carbs 8.1 g; Protein 7.6 g

## **54. Goat Cheese and Chives Spread**

**Servings:** 4

**Preparation Time:** 10 minutes

**Cooking Time:** 0 minutes

**Ingredients:**

2 ounces goat cheese, crumbled

$\frac{3}{4}$  cup sour cream

tablespoons chives, chopped 1 tablespoon lemon juice

Salt and black pepper to the taste

2 tablespoons extra virgin olive oil

**Directions:**

1. Mix cheese with cream and the rest of the ingredients and whisk well. Keep in the fridge for 10 minutes and serve as a party spread.

**Nutrition:**

Calories 220; Fat 11.5 g; Fiber 4.8 g; Carbs 8.9 g; Protein 5.6 g



## **Soups and Stews**

### **55. Greek White Bean Soup with Orange Slices and Olive Oil**

**Servings: 6**

**Ingredients:**

Olive oil (1 cup) One bay leaf  
Four large carrots, sliced thin  
Five celery sticks, sliced thin Dried oregano ( $\frac{1}{2}$  teaspoon)  
Three slices orange (skin and flesh) One large onion, sliced thin  
Tomato paste (2 tablespoons)  
Four 15-oz. cans cannellini (white) beans Water (2 cups)

**Directions:**

1. Slice carrots, onion, and celery thinly.
2. Place oil in the pan and carefully warm. Over a medium temperature heat, drop in onion, carrots, celery in oil, and sauté until softening. Drop in the oregano and bay leaf.
3. Add orange slices and tomato paste into the mixture and cook for two minutes.
4. Drain two bean cans of liquid, leave two undrained. Stir in beans and add two cups of water.
5. Stirring occasionally, allow simmering for 35 minutes

## **56. Chicken Leek Soup With White Wine**

**Servings:** 3

**Ingredients:**

Olive oil ( $\frac{1}{2}$  cup)  
Two pounds of chicken breasts One large leek  
Four celery sticks, chopped  
One small cabbage, cut into thick slices White wine (1 cup)  
Four green onions (scallions), chopped Paprika ( $\frac{1}{2}$  teaspoon)  
Pinch of nutmeg water (3 cups)

**Directions:**

1. Cut chicken breasts into one-inch pieces.

2. Cut the leek into rounds.
3. Warm the oil in a deep skillet. Throw in chicken, cooking until done on the outside. Add in the leeks, onions, and celery. Sauté for one minute.
4. Add in cabbage, cooking for about two minutes, until fork-tender. Add the wine, paprika, nutmeg, and water. Combine mixture well.
5. Cook on low heat for 45 minutes and serve.

## **57. Italian Turkey Meatball Soup Recipe**

**Servings:** 4

### **Ingredients:**

For the meatballs:

Grated parmesan cheese (1/2 cup) Dried oregano (1 teaspoon) Ground turkey (One pound) Black pepper (1/2 teaspoon)

Fresh parsley, minced (2 tablespoons) One egg

Olive oil (3 tablespoons) Sea salt (1/2 teaspoon) For the soup:

Chicken broth or beef broth (2 quarts) Tomato paste (3 tablespoons)

One onion Two bay leaves

Four sprigs of fresh thyme

Whole black peppercorns (1/2 teaspoon) If desired:

Fresh parmesan cheese, grated

Fresh basil leaves, torn (1-2 tablespoons) Salt and pepper

Fresh parsley (1-2 tablespoons)

### **Directions:**

1. Dice onion.
2. Except for the oil, combine all meatball ingredients and mix with hands in a massive bowl.



3. Work meat into small balls about an inch to two inches wide.
4. When the olive oil is warm, in a sticking skillet, drop in the meatballs, browning them for a few minutes turning and browning the other side. Remove the meatballs and set them to the side.
5. Add onion to skillet, cooking for a couple of minutes.
6. Add remaining soup ingredients, then boil. Cover and allow to simmer for between five and ten minutes.
7. Add meatballs and simmer again for a couple of more minutes.
8. Divide into serving bowls and if desired, sprinkle lightly with salt and pepper. You can also add fresh parsley, basil, and Parmesan cheese.

## **58. Slow Cooker Rosemary and Red Pepper Chicken**

**Servings:** 8

### **Ingredients:**

1 Medium Red Bell Pepper (Seeded) 1 Small Thinly Sliced Onion  
4 cloves of Minced Garlic  
1/2 teaspoon of Dried Oregano 2 teaspoons of Dried Rosemary  
8 ounces of Turkey Italian Sausages (Casings Removed) 8 4-ounce Skinless Boneless Chicken Breast Halves  
1/4 cup of Dry Vermouth  
1/4 tsp of Coarsely Ground Pepper 1 1/2 tablespoons of Cornstarch  
1/4 cup of Chopped Fresh Parsley  
2 tablespoons of Cold Water Salt

### **Directions:**

1. In a 6-quart slow cooker, combine your onion, garlic, bell pepper, oregano, and rosemary. Crumble your sausages over the onion mixture.
2. Rinse your chicken and pat it dry. Arrange in a single layer over your sausage. Sprinkle with your pepper. Pour in your vermouth. Cover and cook for 5 to 7 hours on the low setting. Chicken should be tender and cooked through when done.
3. Transfer your chicken to a warm platter and cover to keep it warm.
4. In a bowl, stir together your cold water and cornstarch. Stir the cooking liquid in your slow cooker. Increase the heat to high and cover. Cook, stirring a few times until the sauce has thickened. It should take about 10 minutes. Season with salt. Spoon your sauce over the chicken and sprinkle with parsley.
5. Serve and Enjoy!

## **59. Greek Easter Lamb Soup with Egg Lemon Sauce**

**Servings:** 3

### **Ingredients:**

Olive oil (1/2 cup) Water (5 cups)

Two pounds, bone-in lamb Ten green onions, chopped Two bunches dill, chopped

One head romaine lettuce, chopped skinny Juice of three lemons

Three eggs

### **Directions:**

1. Chop dill, onions, and lettuce.
2. Trim fat from the lamb and discard. Cut lamb into pieces about one inch large, but do not throw away

the bone.

3. Set a large-sized stock skillet on the stove. Add a half cup of oil. Warm it over a medium temperature heat.
4. Drop-in lamb and bone, cooking them for ten minutes, stirring consistently.
5. Toss in the green onions and cook for another three minutes.
6. Add five cups of water and boil before allowing to simmer covered for thirty minutes.
7. Add lettuce, dill, salt, and pepper. Simmer for one hour.
8. Mix the eggs and lemon juice in a mixing bowl.
9. While whisking, add two ladlesful of broth from the soup very slowly into the egg mixture. Keep whisking the whole time.
10. Remove skillet from the stove.
11. Pour in the sauce and immediately stir the soup.

## **60. Tuscan White Bean Soup with Sausage and Kale**

**Servings:** 6

### **Ingredients:**

Hot or sweet Italian sausage (One pound) One onion

One carrot

Dried rosemary (1 teaspoon) One stalk celery

Two cloves garlic

One-half pound of kale stems removed and chopped Chicken broth (4 cups)

One can cannellini beans rinsed and drained 28 ounce

Pepper ( $\frac{1}{4}$  teaspoon)

Salt

Extra virgin olive oil ( $\frac{1}{4}$  cup) One bay leaf

Shredded parmesan ( $\frac{1}{2}$  cup)

**Directions:**

1. Cut sausage into small pieces. Chop onion, carrot, celery, garlic, and kale.
2. Over a medium temperature, heat in a soup skillet, cook the sausage until browned.
3. Toss in onion, celery, garlic, carrot, and garlic to skillet, cooking for three minutes.
4. Add kale to the skillet, stirring gently, cooking until it begins to wilt.
5. Add broth, beans, rosemary, and bay leaf.
6. Boil, covering the skillet, then simmering for thirty minutes, stirring occasionally.

## **61. Zucchini Basil Soup with Lemon**

**Servings:** 4

**Ingredients:**

Olive oil (2 tablespoons) One medium onion  
Three to four cloves garlic Four medium zucchini Chicken  
broth (3 cups) Zest of one lemon  
Loosely packed basil (1/2 cup) basil leaves, chopped  
Sea salt and pepper  
Lemon wedges Parmesan cheese, grated Greek yogurt

**Directions:**

1. Chop onion and garlic. Peel and chop zucchini.
2. In a medium-sized stock skillet, add oil and onion and cook for about five minutes.
3. Toss in garlic, cooking mixture for another minute or so, stirring frequently. Throw in the zucchini, cooking for five minutes, stirring frequently.
4. Add in zest and broth and boil before reducing temperature and simmer until zucchini is nice and

tender and cooked all the way through. Then stir in basil.

5. Pour into blender, blend well and return to stock skillet.
6. Sprinkle with the pepper and salt.

## **62. Orange Lentil Soup**

**Servings:** 4

**Ingredients:**

Extra virgin olive oil (1 cup) One pound washed lentils Two cloves garlic

Tomato paste (2 tablespoons) One onion

Water (6 cups) Three carrots Two orange slices One bay leaf

**Directions:**

1. Mince garlic cloves. Grate onion and carrots. Peel orange slices.
2. Boil lentils and six cups water in a skillet for fifteen minutes.
3. Drop in the remainder of the ingredients and reduce temperature to a low boil for a half hour or until the lentils are soft.

## **63. Shrimp & Cod Stew In Tomato-Saffron Broth**

**Servings:** 4

**Ingredients:**

Pepper (1/4 teaspoon) Olive oil (2 tablespoons) One large onion

Three garlic cloves

Dried thyme (1 tablespoon) ground turmeric (1 teaspoon)  
Whole kernel corn (1 cup) Two bay leaves  
Two cans diced tomatoes (14-1/2 ounces each) Cod fillet  
(One pound)  
Large shrimp (One pound, uncooked) Water (2 cups)  
One can (14-1/2 ounces) vegetable broth One baby spinach  
package (about 6 ounces) Lemon wedges

**Directions:**

1. Heat your olive oil on medium temperature heat in a regular skillet.
2. Mince the thyme and cloves and chop the onion. Chop the fish in one-inch cube shapes. Peel and devein shrimp.
3. Add onions, stirring until soft and cooked.
4. Mix in garlic, thyme, saffron, and bay leaves and cook the mixture for a minute. Pour in tomatoes, fish, broth, water, shrimp, corn, and pepper.
5. Boil the mixture, then quickly reduce the heat simmering
6. Add in the spinach during the final stages of cooking. Remove and discard the bay leaves and serve with lemon wedges.

## **64. Tuscan White Bean Stew**

**Servings:** 4

**Ingredients:**

Olive oil (1 tablespoon) Two cloves garlic  
One slice of whole-grain bread For the soup:  
Dried cannellini (2 cups) Black pepper (1/4 teaspoon)  
One bay leaf  
Salt (1/2 teaspoon) Yellow onion (1 cup) Three carrots  
Olive oil (2 tablespoons) Six cloves garlic  
Water (6 cups)

Chopped fresh rosemary (1 tablespoon) vegetable stock or broth (1 1/2 cups)

**Directions:**

1. Quarter garlic. Cut whole-grain bread into half-inch cubes.
2. Rinse and drain beans.
3. Chop onion, carrots, and six cloves of garlic. Quarter two cloves of garlic for croutons.
4. Using a pan, heat the oil on a medium. Drop in the quartered garlic, cooking for about one minute.
5. Pull the pan from the heat, letting it stand for ten minutes. Remove all cooked garlic pieces and throw them away.
6. Bring a skillet to medium heat.
7. Stirring frequently, drop-in bread cubes, and cook for three to five minutes. Pour into a small bowl, setting aside for now.
8. Combine the water, beans, a quarter teaspoon of salt, and the bay leaf. Use a medium-sized skillet. Boil and then pull down the heat to low temperature and cover the skillet. Allow simmering until beans are nice and tender, which should take about 60 to 75 minutes.
9. Drain all the beans, saving about half a cup of liquid from the beans. Throw away the bay leaf.
10. Put beans into a bowl.
11. Combine saved bean liquid and a half cup of the cooked beans in a small-sized bowl. Mash into a textured cream. Stir the cooked beans together with the bean paste.
12. Return the cooking skillet to the stovetop, adding olive oil, and cook over medium heat.
13. Add in onions and carrots, cooking for five to
14. six minutes.
15. Drop in the garlic. Stir in the rest of the salt,

16. stock, rosemary, pepper, bean mixture, and boil. Bring heat back down and allow to simmer until heated through.
17. Pour into serving bowls, add croutons and garnish if desired.

## **65. Cauliflower Soup with Cream**

**Servings:** 6

**Ingredients:**

Chopped garlic cloves - 2 Chicken stock - 2 cups  
Large head cauliflower - 1 (cut into florets) Pepper and salt to taste  
Rosemary sprig - 1 Chopped shallot - 1 Heavy cream -  $\frac{1}{2}$  cup  
Olive oil - 2 tbsps.  
Feta cheese for serving - 3 oz.

**Directions:**

1. Stir in a soup skillet garlic, shallot, and heated oil. Add pepper, cauliflower, rosemary sprig, salt, and stock after cooking for 2 minutes.
2. On low heat, remove the rosemary after cooking for 15 minutes and stir in the cream.
3. Puree the soup and serve the soup chilled or warm; top it with crumbled feta cheese.

## **66. Gorgeous Kale Soup Made with the White Bean**

**Servings:** 8

**Ingredients:**

Drained white beans - 1 can Shredded kale - 1 bunch  
Chopped shallot - 1  
Water - 6 cups



Chopped garlic cloves - 2 Diced carrots - 2  
Lemon juice - 2 tbsps Diced tomatoes - 1 can Chopped red pepper - 1 Vegetable stock - 2 cups Pepper and salt to taste  
Olive oil - 2 tbsps Diced celery stalk - 1

**Directions:**

1. Stir in a soup skillet celery, garlic, carrots, shallot, red pepper, and heated oil. Soften it by cooking for 2 minutes.
2. Add other Ingredients: and season with pepper and salt.
3. On low heat, cook the soup for 30 minutes.
4. Enjoy the soup as you serve it chill or warm.

## **67. Refreshing Chorizo Soup**

**Servings:** 6

**Ingredients:**

Vegetable stock - 2 cups Olive oil - 2 tbsps Chopped shallot - 1  
Cored and diced red bell peppers - 1 Diced carrots - 2  
Cored and diced yellow bell pepper - 1 Drained white beans - 1 can  
Chopped garlic clove - 1 Diced tomatoes - 1 can Water - 6 cups  
Thyme sprig - 1 Chopped red pepper - 1 Pepper and salt to taste Sliced chorizo links - 2

**Directions:**

1. In a soup skillet, pour the oil and heat it
2. Cook for 5 minutes after stirring in the chorizo links.
3. Then add all other Ingredients: and season with pepper and salt.
4. On low heat, cook the soup for 25 minutes. Serve the soup warm when it's done.

## **68. Mediterranean Bean and Sausage Soup**

**Servings:** 4

### **Ingredients:**

Olive oil 2 tablespoons

A can of drained black beans Juiced tomato; 1 cup

4 cups of water

1 pound of sliced chicken sausage 2 cups of chicken stalk

One chopped celery stalk 2 sliced cloves

can of drained kidney beans 1 sliced carrot

peeled and sliced tomatoes A rosemary sprig

1 bay leaf

A sweet onion; diced Pepper and salt to taste

### **Directions:**

1. Get a soup skillet, heat your olive oil, then pour in your sausage and cook for 5 minutes.
2. Now, add all other ingredients.
3. Add pepper and salt to taste and cook for 25 minutes.
4. Serve and enjoy when cooled

## **69. Mediterranean Chicken Soup**

**Servings:** 5

### **Ingredients:**

2 sliced cloves

2 peeled and sliced tomatoes

A bay leaf

1 juiced lemon

1 sweet onion; diced 1 cubed zucchini

Water; 4 cups

½ teaspoon of capers; sliced  
½ teaspoon of oregano; dried Dried basil; 1 teaspoon  
½ cup of orzo Chicken stock; 2 cups  
1 pound of chicken drumsticks  
1 chopped and cored green bell pepper 1 chopped and cored  
red bell pepper Pepper and salt to taste

**Directions:**

1. Get a soup skillet and add your vegetable, stock, herbs, chicken, bay leaf, and water together, then add pepper and salt to taste and cook on low heat for 25 minutes.
2. Now add your lemon juice and cook again for 5 minutes.
3. Serve and enjoy your warm soup.

## **70. Chicken Sausage Minestrone**

**Servings:** 4

**Ingredients:**

4 sliced chicken sausage  
4 tomatoes sliced and peeled 2 chopped cloves  
½ pound of diced green beans 2 sliced carrots  
A dubbed zucchini Olive oil 2 tablespoons 1 diced sweet  
onion  
½ cup of green peas 1 sliced celery stalk  
2 cups of the vegetable stalk  
½ cup of marjoram Water 6 cups  
½ teaspoon of oregano  
½ teaspoon of basil Pepper and salt to taste

**Directions:**

1. Get a soup skillet, heat the oil, then pour in your chicken sausage and some diced onion, and then cook for 5 minutes.

2. Now, add in your tomatoes, carrot, cloves, onion, and celery and wait till it's cooked for another 10 minutes, then add your remaining ingredients.
3. Add pepper and salt to taste, then cook for 20 minutes.
4. Serve and enjoy your soup when warm.

## **71. Delicious Meatball Soup for the Spanish**

**Servings:** 8

### **Ingredients:**

Water – 6 cups

Crushed tomatoes – 1 can Egg - 1

Olive oil – 2 tbsps Diced celery stalk - 1 Chopped onion - 1

Cored and diced red bell peppers – 2 Vegetable stock – 2 cups

Diced carrots - 2 Pound ground veal - 1

Chopped parsley – 2 tbsps Chopped garlic cloves - 2

Pepper and salt to taste

### **Directions:**

1. In a soup skillet, heat the oil and stir in the garlic, stock, bell peppers, onions, carrots, water, and celery.
2. Bring to boiling after seasoning with pepper and salt. In a bowl, mix egg, veal, and parsley in the meantime.
3. Then boil them in boiling liquid after forming small meatballs.
4. Adjust the taste with pepper and salt after adding the tomatoes.
5. For 20 minutes, cook on low heat.
6. Best served fresh and warm.

## 72. Special Orzo Soup

**Servings:** 8

### **Ingredients:**

Orzo - ¼ cup

Vegetable stock - 2 cups Lemon juice - 2 tbsps

Cored and diced yellow bell pepper - 1 Extra virgin olive oil - 2 tbsps Chopped shallots - 2

Baby spinach - 4 cups Green peas - 1 cup

Cored and diced green bell pepper - 1 Water - 4 cups

Chopped garlic cloves - 2 Pepper and salt to taste

### **Directions:**

1. In a soup skillet, heat the oil and stir in the garlic and shallots.
2. Add other Ingredients: after cooking it for 2 minutes and season with pepper and salt.
3. On low heat, cook it for 25 minutes.
4. Best served chilled or warm.

## 73. One Hour Fennel Soup

**Servings:** 6

### **Ingredients:**

Leek - 1, sliced

Garlic cloves - 3, chopped Olive oil - 2 tbsp.

Shallot - 1, chopped Stalk of celery - 1, diced Carrot - 1, diced

Fennel bulb - 1, sliced Vegetable stock - 2 cups Potato - 1, peeled and cubed Tomatoes - 2, peeled and diced Harissa powder - ¼ tsp.

Lemon juice - 1 tbsp. Cumin powder - ¼ tsp. Water - 1 cup

Salt and pepper - to taste Thyme - 1 sprig

**Directions:**

1. Add olive oil to skillet and heat. After the oil is heated, add carrot, celery, leek, fennel, shallot, and garlic, and cook for 5 minutes.
2. Add in the rest of the Ingredients: above (salt and pepper to suit your taste) and cook for an additional few minutes until vegetables are well cooked.
3. This soup is delicious warm or chilled.



## **Salads**

### **74. Simple Mixed Herb Salad**

**Servings:** 4

**Ingredients:**

tablespoons olive oil  
1/3 cup tahini 1/2 cup raisins four tablespoons lemon juice  
1 tablespoon water  
1/4 cup chives, chopped  
3/4 cup parsley, chopped  
1/4 cup cilantro, chopped  
Salt and black pepper to taste  
1/4 cup fennel, chopped  
1/4 cup dill, chopped  
1/4 cup mint leaves, torn radishes, cut into matchsticks  
1/4 cup pistachios, toasted  
1/4 cup tarragon, chopped  
1 tablespoon sesame seeds, toasted

**Directions:**

1. Put raisins in a bowl. Add warm water to cover, leave aside for 30 minutes, drain and put in a bowl.
2. In a small bowl, mix tahini with three tablespoons lemon juice, 3 tablespoons oil, salt, pepper, and 1 tablespoon water and whisk well.
3. Arrange this on serving plates and leave them aside for now.
4. In a salad bowl, mix parsley with cilantro, chives, fennel, mint, dill, tarragon, remaining oil, the rest of the lemon juice, salt, pepper, and toss coat.
5. Divide this on tahini mix, top with.

## **75. Delicious Bread Salad**

**Servings:** 4

**Ingredients:**

1 shallot, chopped  
1/4 cup lemon juice  
5 ounces bread, cubed



½ teaspoon sugar tablespoons olive oil Salt and black pepper to the taste

15 ounces canned chickpeas, drained

1/3 cup mint, chopped ounces cherry tomatoes cut in halves

ounces feta cheese, crumbled

6 ounces snap peas, cut in quarters 3 ounces baby arugula

### **Directions:**

1. Arrange the bread cubes in the oven at 350 degrees F, bake for 7 minutes, and set aside to cool down.
2. In a bowl, mix sugar with shallot, lemon juice, salt, and pepper, stir and set aside for 10 minutes.
3. Add the oil and mint and whisk well. In a salad bowl, mix tomatoes with snap peas, chickpeas, and the vinaigrette and toss to coat.
4. Add arugula, feta cheese, bread cubes, toss again to coat, and serve right away.

## **76. Cucumber Salad Japanese Style**

**Servings:** 5

### **Ingredients:**

1 ½ tsp minced fresh ginger root 1 tsp salt

1/3 cup rice vinegar

2 large cucumbers, ribbon cut 4 tsp white sugar

### **Directions:**

1. Mix well ginger, salt, sugar, and vinegar in a small bowl.
2. Add ribbon cut cucumbers and mix well.
3. Let stand for at least one hour in the ref before serving.

## 77. Pear Salad with Creamy Yogurt Dressing

**Servings:** 4

### **Ingredients:**

Arugula - 4 cups

Pears - 4, cored and sliced Walnuts - 1 2 cups, chopped Blue cheese - 2 oz., crumbled Plain yogurt - 1 4 cup

Lemon juice - 1 tbsp.

Extra virgin olive oil - 2 tbsp. Salt and pepper - to taste

### **Directions:**

1. Using a jar or bottle, mix lemon juice, yogurt, oil, and salt and pepper to taste to make the dressing, shaking well.
2. Now mix pears, blue cheese, sliced pears, and walnuts in a separate, large salad bowl.
3. Lightly dress the salad with yogurt mixture and eat immediately.

## 78. Anchovy and Orange Salad

**Servings:** 4

### **Ingredients:**

small red onion, sliced into thin rounds 1 tbsp fresh lemon juice

1/8 tsp pepper or more to taste 16 oil cure Kalamata olives

tsp finely minced fennel fronds for garnish

tbsp extra virgin olive oil

small oranges, preferably blood oranges 6 anchovy fillets

### **Directions:**

1. With a paring knife, peel oranges, including the membrane that surrounds them.

2. On a plate, slice oranges into thin circles and allow the plate to catch the orange juices.
3. On the serving plate, arrange orange slices on a layer.
4. Sprinkle oranges with onion, followed by olives and then anchovy fillets.
5. Drizzle with oil, lemon juice, and orange juice.
6. Sprinkle with pepper.
7. Allow salad to stand for 30 minutes at room temperature to allow the flavors to develop.
8. To serve, garnish with fennel fronds and enjoy.

## **79. Mediterranean Potato Salad**

**Servings:** 6

**Ingredients:**

2 pounds new potatoes

$\frac{1}{4}$  cup chopped parsley

2 tablespoons chopped dill 1 pinch chili flakes

1 lemon, juiced

tablespoon Dijon mustard

tablespoons extra virgin olive oil 1 teaspoon red wine vinegar

Salt and pepper to taste

**Directions:**

1. Place the potatoes in a large skillet and cover them with water. Add salt to taste and cook until tender. Drain well, then cut into small cubes and place in a salad bowl.
2. Add the parsley, dill, and chili flakes.
3. For the dressing, mix the lemon juice, mustard, oil, and vinegar in a bowl. Add salt and pepper to taste and mix well.
4. Drizzle the dressing over the potatoes and mix well.
5. Serve the salad fresh.

## 80. Easy Grilled Chicken Salad

**Servings:** 4

**Ingredients:**

Chicken fillets - 2

Extra virgin olive oil - 2 tbsp. Dried basil - 1 tsp.

Oregano - 1 tsp.

Salt and pepper - to taste Olive oil - 2 tbsp.

Arugula - 2 cups of leaves Cherry tomatoes - 1 cup, halved

Green olives - 1 4 cup Cucumber - 1, sliced

Lemon - 1, juiced

**Directions:**

1. Mix all above Ingredients: (except chicken, salt, pepper, oregano, basil, and olive oil) in a large salad bowl and set aside.
2. Cover the chicken with salt, pepper, oregano, and basil, then drizzle it with olive oil.
3. Sprinkle oregano, basil, salt, and pepper onto chicken fillets evenly, and then drizzle olive oil over fillets.
4. Put chicken fillets into a skillet over medium heat and cook until browned and cooked through.
5. Cut chicken into strips or dice.
6. Add chicken to the other Ingredients: and stir together.
7. Season with salt and pepper to suit your taste. Salad is best when served fresh.

## 81. Mixed Cherry Chickpea Salad

**Servings:** 4

**Ingredients:**

can chickpeas, drained

cups mixed cherry tomatoes, halved 2 tablespoons chopped parsley  
1 pinch chili flakes  
teaspoon sumac spices  
tbsp extra virgin olive oil 1 teaspoon sherry vinegar  
Salt and pepper to taste  
4 oz. mozzarella cheese, crumbled

**Directions:**

1. Combine the chickpeas, tomatoes, parsley, chili, sumac, oil, and vinegar in a salad bowl.
2. Add salt and pepper to taste and mix well.
3. Top with mozzarella cheese and serve the salad fresh.

## **82. Grilled Eggplant Pasta Salad**

**Servings:** 6

**Ingredients:**

2 eggplants, sliced  
1 teaspoon dried basil  
2 tablespoons extra virgin olive oil 4 oz. whole wheat pasta  
roasted red bell peppers, sliced  
¼ cup chopped parsley  
tablespoons red wine vinegar Salt and pepper to taste  
oz. feta cheese, cubed

**Directions:**

1. Season the eggplants with salt, pepper, and basil, then drizzle with oil.
2. Cook the eggplant slices on a hot grill pan until browned.
3. Cook the pasta in a large skillet of hot water for about 8 minutes, just until al dente. Drain well and place in a salad bowl.

4. Add the eggplant slices, then stir in the rest of the ingredients.
5. Season with salt and pepper and mix well.
6. Serve the salad fresh or store it in an airtight container in the fridge for up to two days.

## **83. Mixed Green Salad with Olives and Sherry Dressing**

**Servings:** 4

**Ingredients:**

12 oz. mixed greens  
½ cup Kalamata olives pitted  
½ cup black olives pitted  
¼ cup green olives pitted  
2 tablespoons almond slices 2 tablespoons sherry vinegar  
2 tbsp e.v.o  
Salt and pepper to taste  
2 oz. Parmesan shavings 2 oz. Parma ham, sliced

**Directions:**

1. Combine the mixed greens, olives, and almonds in a salad bowl.
2. Drizzle in the vinegar and oil, then season with salt and pepper.
3. Top with Parmesan shavings and Parma ham just before serving.
4. It is best served right away.

## **84. Orange Endive Salad**

**Servings:** 4

**Ingredients:**

4 endives, sliced

red onion, sliced  
oranges, cut into segments  
2 tbsp e.v.o. oil Salt and pepper to taste

**Directions:**

1. Add salt and pepper and serve it as fresh as possible.

## **85. Yogurt Romaine Salad**

**Servings:** 4

**Ingredients:**

head romaine lettuce, shredded 2 garlic cloves, minced  
cucumbers, sliced  
1 teaspoon Dijon mustard 1 pinch chili powder  
tablespoon lemon juice  
½ cup Greek yogurt  
tablespoons chopped dill 4 mint leaves, chopped  
2 tbsp e.v.o.  
Salt and pepper to taste

**Directions:**

1. Combine the lettuce with the cucumbers in a salad bowl.
2. For the dressing, mix the yogurt, mustard, chili, lemon juice, dill, mint, oil, and garlic in a mortar. Add salt and pepper and mix well into a paste.
3. Serve the salad fresh.

## **86. Red Been Mixed Green Salad**

**Servings:** 4

**Ingredients:**

2 cups mixed greens

1 can red beans, drained 2 garlic cloves, minced 2 red onions, sliced  
pinch chili flakes  
tablespoons chopped parsley  
¼ cup green olives, sliced  
Salt and pepper to taste  
2 tablespoons balsamic vinegar  
2 tablespoons extra virgin olive oil

**Directions:**

1. Combine the mixed greens, red beans, and the rest of the ingredients in a salad bowl.
2. Add enough salt and pepper, and serve the salad as fresh as possible.

## **87. Savoy Cabbage Salad**

**Servings:** 4

**Ingredients:**

1 savoy cabbage, shredded  
1 carrot, grated  
red onion, sliced  
tablespoons extra virgin olive oil  
¼ teaspoon cumin seeds  
½ teaspoon ground coriander 1 teaspoon lemon zest  
teaspoon honey  
½ cup Greek yogurt  
tbsp lemon juice  
1 tbsp chopped mint  
Salt and pepper to taste

**Directions:**

1. Combine the cabbage and the rest of the ingredients in a salad bowl.
2. Add salt and pepper and mix well.



3. Serve the salad as fresh as possible.

## **89. Caramelized Onion Broccoli Salad**

**Servings:** 4

**Ingredients:**

tablespoons extra virgin olive oil 2 red onions, sliced  
teaspoon dried thyme  
tablespoons balsamic vinegar 1 pound broccoli, cut into florets  
Salt and pepper to taste

**Directions:**

1. Put the oil in a frying skillet and stir in the onions. Cook for 10- 12 minutes until caramelized, then add the thyme and vinegar and remove from heat.
2. Combine the onion and broccoli florets in a bowl and serve right away, seasoning with salt and pepper as needed. Serve the salad fresh.

## **90. Asparagus Couscous Salad**

**Servings:** 4

**Ingredients:**

½ cup couscous  
cup vegetable stock, hot 1 teaspoon dried tarragon 1 bunch asparagus  
cups arugula  
1 lemon, juiced  
Salt and pepper to taste

**Directions:**

1. Put couscous and stock in a bowl. Cover and allow to soak up all the liquid.

2. Fluff up the couscous with a fork, then allow it to cool down.
3. Using a vegetable peeler, peel the asparagus into delicate ribbons and place them in your salad bowl.
4. Add the rest of the ingredients and season with salt and pepper.
5. Serve the salad as fresh as possible.

## **91. Grilled Feta Spinach Salad**

**Servings:** 6

**Ingredients:**

4 cups baby spinach  
¼ cup green olives, sliced  
¼ cup black olives, sliced  
1 teaspoon capers, chopped  
tbsp red wine vinegar  
2 garlic cloves, minced  
tablespoons extra virgin olive oil 8 oz. feta cheese, sliced

**Directions:**

1. Combine the baby spinach, green olives, and black olives in a bowl.
2. For the dressing, mix the capers, vinegar, and oil in a bowl. Drizzle the dressing over the salad.
3. To finish it off, heat a grill pan over medium to high flame. Place the feta cheese on the grill and cook on each side until browned.
4. Top the salad with the cheese and serve right away.

## **92. Smoky Eggplant Balsamic Salad**

**Servings:** 4

**Ingredients:**

2 eggplants, sliced  
2 tablespoons extra virgin olive oil 2 garlic cloves, minced  
Salt and pepper to taste  
1 tsp smoked paprika  
2 tbsp sherry vinegar  
2 cups mixed greens

**Directions:**

1. Season the eggplant with salt and pepper.
2. Mix the oil with garlic and paprika, then brush this mixture over the eggplant slices.
3. Heat a grill pan over a medium flame, then place the eggplant on the grill. Cook on each side until browned, then transfer the vegetable to a salad bowl.
4. Add the sherry vinegar and greens, and serve the salad fresh.

## **93. Parmesan Parsley Couscous Salad**

**Servings:** 4

**Ingredients:**

½ cup couscous, rinsed  
1 cup vegetable stock, hot 1 cup chopped parsley  
¼ cup chopped cilantro 2 tablespoons pine nuts 1 lemon, juiced  
Salt and pepper to taste 2 oz. Parmesan shavings

**Directions:**

1. Combine the couscous with stock in a bowl. Cover and allow to soak up the liquid.
2. Fluff up the couscous with a fork, then stir in the parsley, cilantro, and pine nuts.
3. Add salt, pepper, and lemon juice.
4. Top the salad with Parmesan and serve right away.





## **Fish and Seafood**

### **94. Easy Grilled Fish**

**Serves: 4**

**Ingredients:**

4 Lemons

4 Catfish Fillets, 4 Ounces Each 1 Tablespoon Olive Oil

Sea Salt & Black Pepper to Taste

**Directions:**

1. Pat your fish dry with paper towels, and let it to stand at room temperature for ten minutes. Coat the grill with cooking spray, and preheat it to 400 degrees.
2. Cut one of the lemons in half, and then set half of it aside. Slice one half into  $\frac{1}{4}$  inch slices. Get out a bowl and squeeze a tablespoon of juice from the reserved half.
3. Mix your lemon juice and oil in a bowl, and brush your fish down with it. Season with salt and pepper.
4. Place the lemon slices on the grill, and place your fish fillets on each one. Turn the fish halfway through, and serve with lemon.

## **95. Cod & Green Bean Dinner**

**Serves:** 4

**Ingredients:**

2 Tablespoons Olive Oil

Tablespoon Balsamic Vinegar 4 Cod Fillets, 4 Ounces Each

$\frac{1}{2}$  Cups Green Beans 1 Pint Cherry Grapes

**Directions:**

1. Start by heating your oven to 400, and get out two rimmed baking sheets. Coat them with nonstick cooking spray.
2. Get out a bowl and whisk your vinegar and oil together before setting it to the side.

3. Place two pieces of fish on each baking sheet.
4. Get out a bowl and combine your tomatoes and beans. Pour the oil and vinegar over it, and toss to coat. Pour half of the green bean mixture over the fish on one baking sheet and the remaining fish and green beans.
5. Turn the fish over, and coat it with the oil mixture.
6. Bake for five to eight minutes.

## **96. Mediterranean Shrimp Salad**

**Serves:** 6

### **Ingredients:**

1 ½ lb. Shrimp, Cleaned & Cooked  
2 Celery Stalks, Fresh  
Onion  
Green Onions  
4 Eggs, Boiled  
3 Potatoes, Cooked  
3 Tablespoons Mayonnaise  
Sea Salt & Black Pepper to Taste

### **Directions:**

1. Start by slicing your potatoes and chopping your celery.
2. Slice your eggs and season. Mix everything.
3. Put your shrimp over the eggs, and then serve with onion and green onions.

## **97. Kale & Tuna Bowl**

**Serves:** 6

### **Ingredients:**

1 lb. Kale, Chopped  
3 Tablespoons Olive Oil

2.25 Ounces Olives, Canned & Drained 3 Cloves Garlic,  
Minced  
Cup Onion, Chopped  
¼ Cup Capers  
¼ Teaspoon Crushed Red Pepper 2 Teaspoons Sugar  
Cans Tuna in Olive Oil, Undrained & 6 Ounces Each1  
15 Ounce Can Cannellini Beans, Drained & Rinsed Sea Salt &  
Black Pepper to Taste

**Directions:**

1. Get out a large stockpot and fill it three-quarters full of water. Bring it to a boil and cook your kale for two minutes. Drain in a colander before setting it aside.
2. Place your empty pot over medium heat, and then add in your oil. Add in your onion, and cook for four minutes. Stir often and cook your garlic for a minute more. Stir often, add the olives, crushed red pepper, capers, and cook for a full minute. Stir often, and add your kale and sugar in. stir well, and cook for eight minutes covered.
3. Remove from heat, and mix in your tuna, pepper, salt, and beans. Serve warm.

## **98. Salmon Salad Wraps**

**Serves:** 6

**Ingredients:**

1 lb. Salmon Fillet, Cooked & Flaked  
½ Cup Carrots, Diced  
½ Cup Celery, Diced  
3 Tablespoons Red Onion, Diced 3 Tablespoons Dill, Fresh &  
Diced 2 Tablespoons, Capers  
1 Tablespoon Aged Balsamic Vinegar 1 ½ Tablespoons Olive  
Oil  
Sea Salt & Black Pepper to Taste  
4 Whole Wheat Flatbread Wraps



**Directions:**

1. Get out a bowl and mix your carrots, dill, celery, salmon, red onions, oil, vinegar, pepper, capers, and salt.
2. Divide between flatbread, and fold up to serve.

## **99. Tuna Sandwiches**

**Serves:** 4

**Ingredients:**

3 Tablespoons Lemon Juice, Fresh 2 Tablespoons Olive Oil  
Sea Salt & Black Pepper to Taste 1 Clove Garlic, Minced  
5 Ounces Canned Tuna, Drained Ounce Canned Olives, Sliced  
½ Cup Fennel, Fresh & Chopped 8 Slices Whole Grain Bread

**Directions:**

1. Start by getting out a bowl and whisk your lemon juice, garlic, pepper, and oil before adding in your fennel, olive sand tuna. Separate it into chunks before mixing everything.
2. Divide this between four slices of bread, and serve.

## **100. Garlic & Orange Shrimp**

**Serves:** 6

**Ingredients:**

3 Cloves Garlic, Minced  
Sea Salt & Black Pepper to taste  
1 ½ lb. Shrimp, Fresh & Raw, Deseeded & Tails Removed 1  
Tablespoon Thyme, Fresh & Chopped  
1 Tablespoon Rosemary, Fresh & Chopped 3 Tablespoons  
Olive Oil, Divided  
1 Orange, Large

**Directions:**

1. Zest your orange, and then get out a zipper-top bag. Combine your zest with two tablespoons of oil and rosemary. Add in your garlic, pepper, salt, and thyme. Add in your shrimp, and seal. Massage the shrimp into the seasoning before setting it to the side.
2. Heat a grill, and then brush the remaining oil onto your shrimp.
3. Cook for four to six minutes in a grill pan, and flip halfway through. Transfer to a serving bowl, and then chop your orange and serve with your shrimp.

## **101. Scallops with Peppers**

**Serves:** 4

**Ingredients:**

1/3 Cup Olive Oil  
1 Can (2 Ounces) Anchovy Fillets, Minced 1 lb. Sea Scallops, Large  
1 Red Bell Pepper, Large & Chopped  
1 Red Onion, Sliced Thin 1 Teaspoons Lime Zest  
1 Orange Bell Pepper, Chopped 1 ½ Teaspoons Lemon Zest  
Sea Salt & Black Pepper to Taste  
8 Sprigs Parsley, Fresh

**Directions:**

1. Heat your oil and anchovies over medium heat.
2. Add in your scallops once the anchovies are sizzling, and cook for two minutes without moving them.
3. Mix your bell pepper with your onion, lime zest, lemon zest, and garlic. Season with salt and pepper. Add in your vegetable mix, and cook until your scallops are browned.
4. Turn your scallops, cooking for another four minutes.

5. Garnish with parsley before serving.

## **102. Grilled Marinated Shrimp**

**Servings:** 6

**Ingredients:**

1 cup olive oil  
1/4 cup chopped fresh parsley  
1 lemon, juiced  
2 tablespoons hot pepper sauce  
3 cloves of garlic, finely chopped  
1 tablespoon tomato puree  
2 teaspoons dried oregano  
1 teaspoon salt  
1 teaspoon ground black pepper  
2 pounds of shrimp, peeled

**Directions:**

1. Combine olive oil, parsley, lemon juice, hot sauce, garlic, tomato puree, oregano, salt, and black pepper in a bowl. Reserve a small amount for later. Put the rest of the marinade into a resealable plastic bag with shrimp. Close and marinate in the fridge for 2 hours.
2. Preheat the grill on medium heat. Thread shrimp on skewers, poke once at the tail and once at the head. Discard the marinade.
3. Lightly oil the grill. Cook the shrimp for 5 minutes on each side or until they are opaque, often baste with the reserved marinade.

## **103. Grilled Salmon**

**Servings:** 6

**Ingredients:**

1 1/2 pounds salmon fillet  
pepper to taste  
garlic powder to taste  
1/3 cup soy sauce  
1/3 cup of brown sugar  
1/3 cup of water  
1/4 cup vegetable oil

**Directions:**

1. Season the salmon fillets with lemon pepper, salt, and garlic powder.
2. Mix the soy sauce, brown sugar, water, and vegetable oil in a small bowl until the sugar is dissolved. Place the fish in a big resealable plastic bag with the soy sauce mixture, seal, and let marinate for at least 2 hours.
3. Preheat the grill on medium heat.
4. Lightly oil the grill, then place the salmon and leave to cook for about 6 to 8 minutes on each side or until the fish flakes easily with a fork.

## **104. Cedar Planked Salmon**

**Servings:** 6

**Ingredients**

3 untreated cedar boards  
1/3 cup of vegetable oil  
1/3 cup soy sauce  
1/4 cup chopped green onions  
1 1/2 tablespoon rice vinegar  
1 teaspoon sesame oil  
1 teaspoon finely chopped garlic  
1 tablespoon grated fresh ginger root  
2 skinless salmon fillets

**Directions:**

1. Soak the cedar boards in hot water for at least 1 hour. Enjoy longer if you have time.
2. Combine vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic in a shallow dish. Put the salmon fillets in the marinade and turn them over to coat them. Cover and marinate for a minimum of 15 minutes or a maximum of one hour.
3. Preheat an outside grill over medium heat. Place the shelves on the rack.
4. Place the salmon fillets on the shelves and discard the marinade, cover, and grill for about 20 minutes. The fish is cooked if you can peel it with a fork.

## **105. Broiled Tilapia Parmesan**

**Servings:** 8

**Ingredients:**

1/2 cup Parmesan cheese  
1/4 cup butter, soft  
3 tablespoons mayonnaise  
2 tablespoons fresh lemon juice  
1/4 teaspoon dried basil  
1/4 teaspoon ground black pepper  
1/8 teaspoon onion powder  
1/8 teaspoon celery salt  
2 pounds tilapia fillets

**Directions:**

1. Preheat the grill on your oven. Grease a drip tray or grill pan with aluminum foil.
2. Combine parmesan, butter, mayonnaise, and lemon juice in a small bowl. Add dried basil, pepper, onion powder, and celery salt mixed well and set aside.

3. Place the fillets in a single layer on the prepared dish. Grill a few centimeters from the heat for 2 to 3 minutes, turn the fillets, and grill for a few minutes. Getaway the fillets from the oven and cover them with the Parmesan cheese mixture on top. Grill for another 2 minutes or until the garnish is golden brown and fish flakes easily with a fork. Be careful not to overcook the fish.

## **106. Fish Tacos**

**Servings:** 8

**Ingredients:**

- 1 cup flour
- 2 tablespoons cornflour
- 1 teaspoon baking powder
- 1/2 teaspoon of salt
- 1 egg
- 1 cup of beer
- 1/2 cup of yogurt
- 1/2 cup of mayonnaise
- 1 lime, juiced
- 1 jalapeño pepper, minced
- 1 c. Finely chopped capers
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried dill
- 1 teaspoon ground cayenne pepper
- 1 liter of oil for frying
- 1 pound of cod fillets, 2-3 ounces each
- 8 corn tortillas
- 1/2 medium cabbage, finely shredded

**Directions:**

1. Prepare beer dough: combine flour, cornflour, baking powder, and salt in a large bowl. Mix the egg and the beer and stir in the flour mixture quickly.
2. To make a white sauce: combine yogurt and mayonnaise in a medium bowl. Gradually add fresh lime juice until it is slightly fluid — season with jalapeño, capers, oregano, cumin, dill, and cayenne pepper.
3. Heat the oil in a frying pan.
4. Lightly sprinkle the fish with flour. Dip it in the beer batter and fry until crispy and golden brown. Drain on kitchen paper. Heat the tortillas. Place the fried fish in a tortilla and garnish with grated cabbage and white sauce.

## **107. Grilled Tilapia with Mango Salsa**

**Servings:** 2

### **Ingredients:**

1/3 cup extra virgin olive oil  
1 tablespoon lemon juice  
1 tablespoon chopped fresh parsley  
1 clove of garlic, minced  
1 teaspoon dried basil  
1 teaspoon ground black pepper  
1/2 teaspoon salt  
2 tilapia fillets (1 oz each)  
1 ripe mango, peeled, pitted, and diced  
1/2 red pepper, diced  
2 tablespoons chopped red onion  
1 tablespoon chopped fresh coriander  
1 jalapeño pepper, seeded and minced  
2 tablespoons lime juice  
1 tablespoon lemon juice  
salt and pepper to taste

**Directions:**

1. Mix extra virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl, then pour into a resealable plastic bag. Add the tilapia fillets, cover with the marinade, remove excess air, and close the bag. Marinate in the fridge for 1 h.
2. Make the mango salsa merging the mango, red pepper, red onion, coriander, and jalapeño pepper in a bowl. Add the lime juice and 1 tablespoon lemon juice and mix well. Season with salt and pepper and keep until serving.
3. Preheat a grill over medium heat and lightly oil.
4. Remove the tilapia from the marinade and remove the excess. Discard the rest of the marinade. Grill the fillets and flake easily with the fork for 3 to 4 minutes on each side, depending on the fillets' thickness. Serve the tilapia topped with mango salsa.

## **108. Seafood Linguine**

**Servings:** 8

**Ingredients:**

1 packet of linguine pasta  
1/2 cup chopped red onion  
3 teaspoons garlic powder  
1/4 cup olive oil  
3 cups of milk  
2 teaspoons chopped fresh parsley  
1/2 cup chopped green pepper  
1/2 cup chopped red pepper  
1/2 cup broccoli florets  
1/2 cup sliced carrots  
1 cup chopped fresh mushrooms



1 cup canned shrimp  
1 cup crabmeat, drained  
1 pound scallops

**Directions:**

1. Bring water to boil. Add linguini and cook for 6 to 8 minutes, or until al dente. Drain.
2. Meanwhile, fry the red onion and garlic in olive oil in an electric frying pan or large frying pan. Add the milk when the onion is transparent. Boil until bubbles form on the edges of the pan. Add parsley, green and chopped red pepper, broccoli, carrots, mushrooms, shrimps, crab, and scallops and stir until well absorbed.
3. Getaway 1/2 cup of milk from the mixture and place it in a small bowl with the flour. Stir until smooth. Return to the pan with seafood and vegetables. Let the mixture thicken. Season with salt and pepper.
4. Pour the fish sauce over the cooked and drained linguini noodles. Serve hot.

## **109. Blackened Salmon Fillets**

**Servings:** 4

**Ingredients:**

2 tablespoons paprika powder  
1 tablespoon cayenne pepper powder  
1 tablespoon onion powder  
2 teaspoons salt  
1/2 teaspoon ground white pepper  
1/2 teaspoon ground black pepper  
1/4 teaspoon dried thyme  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
4 salmon fillets, skin and bones removed

1/2 cup unsalted butter, melted

**Directions:**

1. Mix into a small bowl bell pepper, cayenne pepper, onion powder, salt, white pepper, black pepper, thyme, basil, and oregano.
2. Spread 1/4 cup of butter on salmon fillets and season evenly with the cayenne pepper mixture.
3. Drizzle 1/2 of the remaining butter on each fillet.
4. Cook the salmon in a large heavy-bottomed pan on both sides until dark, 2 to 5 minutes, and drizzle with remaining butter until the fish easily flakes with a fork.

## **110. Seafood Enchiladas**

**Servings:** 6

**Ingredients:**

1 onion, minced  
1 tablespoon butter  
1/2 pound of fresh crab meat  
1/4 pound shrimp - peeled, gutted, and coarsely chopped  
8 grams of Colby cheese  
6 flour tortillas (10 inches)  
1 cup half and half cream  
1/2 cup sour cream  
1/4 cup melted butter  
1 1/2 teaspoon dried parsley  
1/2 teaspoon garlic salt

**Directions:**

1. Preheat the oven to 175 degrees (350° F).
2. Fry the onions in a large frying pan in 1 tablespoon butter until they are transparent. Getaway the pan

- from the heat and stir in the crab meat and shrimp. Grate the cheese and mix half of the seafood.
3. Place a large spoon of the mixture in each tortilla. Roll the tortillas around the mixture and place them in a 9 x 13-inch baking dish.
  4. In a saucepan over medium heat, combine half and half, sour cream, 1/4 cup butter, parsley, and garlic salt. Stir until the mixture is lukewarm and mixed. Pour the sauce over the enchiladas and sprinkle with the remaining cheese.
  5. Bake in the oven for 25 min.

## **111. Cajun Seafood Pasta**

**Servings:** 6

**Ingredients:**

2 cups of whipped cream  
1 tsp chopped basil  
1 tsp chopped fresh thyme  
2 tsp salt  
2 tsp ground black pepper  
1 1/2 teaspoon ground red pepper flakes  
1 teaspoon ground white pepper  
1 cup minced green onions  
1 cup minced parsley  
1/2 peeled shrimp  
1/2 cup scallops  
1/2 cup of grated Swiss cheese  
1/2 cup grated Parmesan cheese  
1 pound dry fettuccine pasta

**Directions:**

1. Put the fettuccine in a big pot with boiling salted water until al dente.
2. In the meantime, pour the cream into a large skillet and cook over medium heat, continually stirring until

it boils.

3. Moderate heat and adjoin spices, salt, pepper, onions, and parsley. Allow to stew for 7 to 8 minutes or until thick.
4. Add the seafood and stir until shrimps are opaque.
5. Add the cheese and stir well.
6. Drain the pasta. Serve the sauce over the noodles.

## **112. Seafood Stuffing**

**Servings:** 8

### **Ingredients:**

1/2 cup butter  
1/2 cup chopped green pepper  
1/2 cup chopped onion  
1/2 cup chopped celery  
Drained and flaky crabmeat  
1/2 pound of medium-sized shrimp - peeled and deveined  
1/2 cup spiced and seasoned breadcrumbs  
1 mixture of filling for cornbread  
2 tablespoons of white sugar, divided  
1 can of mushroom soup (10.75 ounces) condensed  
14.5 oz chicken broth

### **Directions:**

1. Melt the butter in a large frying pan over medium heat. Add pepper, onion, celery, crabmeat, and shrimp; boil and stir for about 5 minutes. Set aside.
2. In a large bowl, mix stuffing, breadcrumbs, and 1 tablespoon sugar. Stir the vegetables and seafood from the pan. Add the mushroom cream and as much chicken broth as you want. Pour into a 9 x 13-inch baking dish.

3. Bake in the preheated oven for 30 minutes, or until lightly roasted.

## **113. Scrumptious Salmon Cakes**

**Servings: 8**

### **Ingredients:**

2 cans of salmon, drained and crumbled  
3/4 cup Italian breadcrumbs  
1/2 cup chopped fresh parsley  
2 eggs, beaten  
2 green onions, minced  
2 teaspoons seafood herbs  
1 1/2 teaspoon ground black pepper  
1 1/2 teaspoons garlic powder  
3 tablespoons Worcestershire sauce  
2 tablespoons Dijon mustard  
3 tablespoons grated Parmesan  
2 tablespoons creamy vinaigrette  
1 tablespoon olive oil

### **Directions:**

1. Combine salmon, breadcrumbs, parsley, eggs, green onions, seafood herbs, black pepper, garlic powder, Worcestershire sauce, parmesan cheese, Dijon mustard, and creamy vinaigrette; divide and shape into eight patties.
2. Put olive oil in a large frying skillet over medium heat. Bake the salmon patties in portions until golden brown, 5 to 7 minutes per side. Repeat if necessary with more olive oil.

## **114. Easy Tuna Patties**

**Servings: 4**

**Ingredients:**

2 teaspoons lemon juice  
3 tablespoons grated Parmesan  
2 eggs  
10 tablespoons Italian breadcrumbs  
3 tuna cans, drained  
3 tablespoons diced onion  
1 pinch of ground black pepper  
3 tablespoons vegetable oil

**Directions:**

1. Beat eggs and lemon in a bowl. Stir in the Parmesan cheese and breadcrumbs to obtain a paste.
2. Add tuna and onion until everything is well mixed. Season with black pepper. Form the tuna mixture into eight 1-inch-thick patties.
3. Heat the vegetable oil in a frying pan over medium heat; fry the patties until golden brown, about 5 minutes on each side.

## **115. Heather's Grilled Salmon**

**Servings:** 4

**Ingredients:**

1/4 cup brown sugar  
1/4 cup olive oil  
1/4 cup soy sauce  
2 teaspoons lemon pepper  
1 teaspoon dried thyme  
1 teaspoon dried basil  
1 teaspoon dried parsley  
1/2 teaspoon garlic powder  
4 (6 oz) salmon fillets

**Directions:**

1. In a cup, whisk the brown sugar, olive oil, soy sauce, lemon pepper, thyme, basil, parsley, and garlic powder together and dump into a plastic resealable container.
2. Add salmon fillets, marinade cover, pinch excess air and close the container. Marinate for 1 h in the refrigerator, turning over periodically.
3. For medium heat, preheat an outdoor barbecue, and gently spray the grate. Pick the salmon and shake off the fat from the marinade. Discard the marinade leftover.
4. Grill the salmon until browned on the preheated grill, and the fish flakes quickly with a fork, about 5 minutes on each side.

## **116. Brown Butter Perch**

**Servings:** 4

**Ingredients:**

1 cup flour  
1 teaspoon salt  
1/2 teaspoon finely ground black pepper  
1/2 teaspoon cayenne pepper  
8 oz fresh perch fillets  
2 tablespoons butter  
1 lemon cut in half

**Directions:**

1. In a bowl, beat flour, salt, black pepper, and cayenne pepper. Gently squeeze the perch fillets into the flour mixture to coat well and remove excess flour.
2. Put the butter in a frying skillet over medium heat until it is foamy and brown hazel. Place the fillets in

portions in the pan and cook them light brown, about 2 minutes on each side. Place the cooked fillets on a plate, squeeze the lemon juice, and serve.

## **117. Red Snapper Veracruz**

**Servings:** 2

### **Ingredients:**

2 tablespoons olive oil  
1/2 white onion, diced  
3 cloves of garlic, minced  
1 tablespoon capers  
1 tablespoon caper juice  
1 cup cherry tomatoes, cut in half  
1/3 cup sliced olives  
1 jalapeño pepper, seeded and minced  
2 teaspoons fresh chopped oregano  
2 teaspoons of olive oil  
2 red snapper fillets, sliced in half  
salt and pepper to taste  
1/2 teaspoon cayenne pepper,  
2 limes, juiced

### **Directions:**

1. Preheat the oven to 220° C.
2. Put the olive oil in a frying skillet over medium heat. Stir in the onion; cook and stir until onions begin to become transparent, 6 to 7 minutes.
3. Cook and stir garlic until fragrant, about 30 seconds. Add the capers and the caper juice; stir to combine.
4. Stir in the tomatoes, olives, and jalapeño. Boil and stir for about 3 minutes. Remove from the heat; mix in the oregano.
5. Put 1 tsp of olive oil into a small baking dish. Sprinkle 1 tbsp of the tomato-olive mixture. Sprinkle



with salt, black pepper, and cayenne pepper. Add with more filling and juice of 1 lime. Repeat with the rest of the snapper fillet, herbs, and lime juice in a second baking dish.

6. Bake until the fish is flaky and no longer translucent, 15 to 20 minutes.

## **118. Baked Seafood Au Gratin**

**Servings: 8**

### **Ingredients:**

1 onion, chopped  
1 green pepper, chopped  
1 cup butter, divided  
1 cup flour, divided  
1 pound of fresh crab meat  
4 cups of water  
1 pound of fresh shrimp, peeled  
1/2 pound scallops  
1/2 pound plaice fillets  
3 cups of milk  
1 cup grated cheddar cheese  
1 tablespoon distilled white vinegar  
1 teaspoon Worcestershire sauce  
1/2 teaspoon of salt  
1 pinch of ground black pepper  
1 pinch of hot pepper sauce  
1/2 cup of grated Parmesan cheese

### **Directions:**

1. In a heavy skillet, fry onion, and pepper in 1/2 cup butter. Cook until soft. Mix in 1/2 cup flour and cook over medium heat for 10 minutes, stirring regularly. Stir in crab meat, remove from heat, and set aside.

2. Boil the water in a large pot. Add shrimp, scallops, and plaice and simmer for 3 minutes. Drain, reserving 1 cup of cooking liquid.
3. Melt the remaining butter in a saucepan half over low heat. Stir in 1/2 cup remaining flour. Cook, constantly stirring for 1 minute. Gradually add the milk and the reserved liquid. Increase the heat to medium; boil, continually stirring until the mixture thickens and bubbles. Add grated cheddar cheese, vinegar, Worcestershire sauce, salt, pepper, and hot sauce. Stir in cooked seafood.
4. Preheat the oven to 175 degrees (350° F). Grease a 9 x 13-inch light baking dish. Squeeze the crabmeat mixture into the bottom of the prepared pan. Place the seafood mixture over the crabmeat crust and sprinkle with Parmesan cheese.



**Vegetarian**

## **119. Chickpea Pasta Salad**

**Serves: 6**

**Ingredients:**

2 Tablespoons Olive Oil 16 Ounces Rotelle Pasta  
½ Cup Cured Olives, Chopped  
2 Tablespoons Oregano, Fresh & Minced 2 Tablespoons  
Parsley, Fresh & Chopped 1 Bunch Green Onions, Chopped  
¼ Cup Red Wine Vinegar  
15 Ounces Canned Garbanzo Beans, Drained & Rinsed  
½ Cup Parmesan Cheese, Grated Sea Salt & Black Pepper to  
Taste

**Directions:**

1. Bring water to boil and cook your pasta al dente per package instructions. Drain it and rinse it using cold water.
2. Get out a skillet and heat your olive oil over medium heat. Add in your scallions, chickpeas, parsley, oregano, and olives. Lower the heat to low, and cook for twenty minutes more. Allow this mixture to cool.
3. Toss your chickpea mixture with your pasta and add in your grated cheese, salt, pepper, and vinegar. Let it chill for four hours or overnight before serving.

## **120. Barley & Mushroom Soup**

**Serves:** 6

**Ingredients:**

¼ Cup Red Wine  
2 Tablespoons Olive Oil 1 Cup Carrots, Chopped 1 Cup Onion,  
Chopped  
½ Cups Mushrooms, Chopped  
Cups Vegetable Broth, Low Sodium 1 Cup Pearled Barley,  
Uncooked  
2 Tablespoons Tomato Paste  
1 Bay Leaf

6 Tablespoons Parmesan Cheese, Grated 4 Sprigs Thyme,  
Fresh

**Directions:**

1. Get out a stockpot and place it over medium heat. Heat your oil and add in your carrots and onion. Cook for five minutes and frequently stir during this time.
2. Turn your heat up to medium-high before throwing in your mushrooms. Cook for another three minutes. Make sure to stir frequently.
3. Add in your barley, tomato paste, thyme, wine, broth, and bay leaf. Stir and cover. Bring to boil, and stir a few more times. Reduce to medium-low heat. Cover, and cook for another twelve to fifteen minutes. The barley should be cooked all the way through.
4. Remove your bay leaf and serve topped with cheese.

## **121. Bean Lettuce Wraps**

**Serves:** 4

**Ingredients:**

15 Ounces Cannellini Beans, Canned, Drained & Rinsed Sea  
Salt & Black Pepper to Taste  
 $\frac{3}{4}$  Cup Tomatoes, Fresh & Chopped  
 $\frac{1}{2}$  Cup Red Onion, Diced  
1 Tbsp Olive Oil  
 $\frac{1}{4}$  Cup Parsley, Fresh & Chopped Fine  
8 Romaine Lettuce Leaves  
 $\frac{1}{2}$  Cup Hummus

**Directions:**

1. Get out a skillet and place it over medium heat. Heat your oil. Once your oil is hot, adding in your onion, and cook for three minutes. Stir occasionally.
2. Add in your tomatoes and season with salt and pepper. Cook for another three minutes. Add in your beans and heat all the way through. Stir it, so it doesn't burn. Remove it from heat, and then mix in your parsley.
3. Spread a tablespoon of hummus on each lettuce leaf and then top with your bean mixture. Fold, and then wrap before serving.

## **122. Easy Lentil & Rice Bow**

**Serves:** 4

### **Ingredients:**

¼ Cup Parsley, Curly Leaf, Fresh & Chopped 1 ½ Tablespoons Olive Oil  
Sea Salt & Black Pepper to Taste 1 Clove Garlic, Minced  
Tablespoon Lemon Juice, Fresh  
¼ Cup Red Onion, Diced  
Ounce Can Sliced Onion, Drained  
½ Cup Celery, Diced  
½ Cup Carrots, Diced  
½ Cup Instant Brown Rice, Uncooked  
½ Cup Green Lentils, Uncooked  
¼ Vegetable Broth, Low Sodium

### **Directions:**

1. Put a saucepan over high heat, and then bring your lentils to a boil with the broth. Cover once it begins to boil, and then lower the heat to medium-low. Cook for eight minutes.
2. Raise the heat to medium, and add in your rice. Stir well, and cover. Cook for fifteen more minutes. The

liquid should be absorbed.

3. Allow it to set off the heat and cover for one minute before stirring.
4. Mix your celery, olives, onion, carrot, and parsley in a bowl while your rice and lentils are cooking.
5. Get out a bowl and whisk your oil, lemon juice, salt, pepper, and garlic together. Set this to the side.
6. When your rice and lentils are cooked, add them to a serving bowl and top with the dressing. Serve immediately.

## 123. Chickpea Pita Patties

**Serves:** 4

### **Ingredients:**

Egg, Large

Teaspoons Oregano

½ Cup Panko Bread Crumbs, Whole Wheat Sea Salt & Black Pepper to Taste

1 Tablespoon Olive Oil

1 Cucumber, Halved Lengthwise 6 Ounces Greek Yogurt, 2%  
Clove Garlic, Minced

Pita Bread, Whole Wheat & Halved

1 Tomato, Cut into 4 Thick Slices

½ Cup Hummus

15 Ounces Chickpeas, Drained & Rinsed

### **Directions:**

1. Get out a large bowl, mash your chickpeas with a potato masher, and then add in your bread crumbs, eggs, hummus, oregano, and pepper. Stir well. Form four patties, and then press them flat on a plate. They should be ¾ inch thick.
2. Get out a skillet, placing it over medium-high heat. Heat the oil until hot, which should take three minutes. Cook the patties for five minutes per side.

3. While your patties are cooking, shred half of your cucumber with a grater, and then stir your shredded cucumber, garlic, and yogurt together to make a tzatziki sauce. Slice the remaining cucumber into slices that are a quarter of an inch thick before placing them to the side.
4. Toast your pita bread, and then assemble your sandwich with each one having a tomato slice, a few slices of cucumber, chickpea patty, and drizzle each one with your sauce to serve.

## **124. Mushrooms with Soy Sauce Glaze**

**Servings:** 2

### **Ingredients:**

2 tablespoons butter  
1 (8 oz) package sliced white mushrooms  
2 cloves garlic, minced  
2 teaspoons soy sauce  
ground black pepper to taste

### **Directions:**

1. Melt the butter in a skillet; add the mushrooms; cook and stir until the mushrooms are soft and released about 5 minutes.
2. Stir in the garlic; keep cooking and stir for 1 minute. Pour the soy sauce; cook the mushrooms in the soy sauce until the liquid has evaporated, about 4 minutes.

## **125. California Grilled Vegetable Sandwich**

**Servings:** 4



**Ingredients:**

1/4 cup mayonnaise  
3 garlic cloves, minced  
1 tablespoon lemon juice  
1/8 cup olive oil  
1 cup sliced red peppers  
1 small zucchini, sliced  
1 red onion, sliced  
1 small yellow pumpkin, sliced  
2 pieces of focaccia bread (4 x 6 inch), split horizontally  
1/2 cup of crumbled feta cheese

**Directions:**

1. Combine the mayonnaise, chopped garlic, and lemon juice in a bowl. Chill in the fridge.
2. Preheat the grill on high heat.
3. Brush the vegetables with olive oil on each side. Brush the grill with oil. Place the pepper and zucchini closest to the grill center and add the onions and squash pieces. Bake for about 3 minutes, turn around and cook for another 3 minutes. Peppers can take a little longer. Remove from the grill and set aside.
4. Spread a little mayonnaise mixture on the sliced sides of the bread and sprinkle with feta cheese. Place the cheese on the grill and cover with the lid for 2 to 3 minutes.
5. Get away from the grill and brush with the vegetables. Enjoy open face grilled sandwiches.

## **126. Delicious Sweet Potato Casserole**

**Servings:** 12

**Ingredients:**

4 cups sweet potatoes, diced  
1/2 cup white sugar

2 beaten eggs  
1/2 teaspoon of salt  
4 tablespoons of soft butter  
1/2 cup milk  
1/2 teaspoon vanilla extract  
1/2 cup packed brown sugar  
1/3 cup all-purpose flour  
3 tablespoons butter  
1/2 cup soft chopped pecans

**Directions:**

1. Preheat the oven to 325 degrees (325° F). Put the sweet potatoes in a medium-sized pan with water to cover. Cook over medium heat until soft; drain and crush.
2. Combine sweet potatoes, white sugar, eggs, salt, butter, milk, and vanilla extract in a large bowl. Mix until smooth. Transfer to a baking dish.
3. Put sugar and flour in a bowl. Cut the butter until the mixture is coarse. Stir in the pecans. Now sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven for 30 minutes or until light brown.

## **127. Light and Fluffy Spinach Quiche**

**Servings:** 6

**Ingredients:**

1/2 cup light mayonnaise  
1/2 cup milk  
4 lightly beaten eggs  
8 oz grated cheddar cheese  
1 packet of chopped spinach frozen, thawed, and drained  
1/4 cup chopped onion  
1 (9-inch) uncooked pie crust

**Directions:**

1. Put the oven to 200 degrees. Cover a baking sheet with aluminum foil.
2. In a large bowl, mix mayonnaise and milk until smooth. Stir in the eggs. Arrange the spinach, cheese, and onion in the pie and form several layers. Pour in the egg mixture. Place the quiche on the prepared baking sheet. Cover the quiche with aluminum foil.
3. Bake for 45 minutes in the oven. Remove the lid and bake for 10 to 15 minutes or until the top is golden brown.

## **128. Hot Artichoke and Spinach Dip**

**Servings:** 12

**Ingredients:**

1/4 cup mayonnaise  
1 (8-oz) package cream cheese, softened  
1/4 cup grated Parmesan cheese  
1/4 cup grated Romano cheese  
1 clove garlic, peeled and minced  
1/2 teaspoon dried basil  
1/4 teaspoon garlic  
salt and pepper to taste  
1 (14-oz) artichoke hearts, drained  
1/2 cup frozen spinach  
1/4 cup shredded mozzarella cheese

**Directions:**

1. Preheat oven to 350 F (175 degrees C). Lightly grease a small baking dish.
2. In a medium bowl, mix cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil,

garlic salt, salt, and pepper. Gently stir in artichoke hearts and spinach.

3. Transfer the mixture to the baking dish. Top with mozzarella cheese. Bake in the preheated oven for 25 min., until bubbly and lightly browned.

## **129. Harvest Salad**

**Servings:** 6

### **Ingredients:**

1/2 cup chopped nuts  
1 bunch of spinach, rinsed and torn into bite-sized pieces  
1/2 cup dried cranberries  
1/2 cup of crumbled blue cheese  
2 tomatoes, minced  
1 avocado - peeled, seeded, and diced  
1/2 red onion, thinly sliced  
2 tablespoons red raspberry jam (with seeds)  
2 tablespoons red wine vinegar  
1/3 cup walnut oil  
freshly ground black pepper  
salt

### **Directions:**

1. Preheat the oven to 200 degrees. Put the nuts on a baking sheet. Grill in the oven for 5 minutes, or until the nuts start to turn brown.
2. Combine spinach, walnuts, cranberries, blue cheese, tomatoes, avocado, and red onion in a large bowl.
3. Mix jam, vinegar, walnut oil, pepper, and salt in a small bowl. Pour the salad dressing just before serving and mix well.

## **130. Spicy Bean Salsa**

**Servings:** 12

**Ingredients:**

1 (15 oz) can black-eyed peas  
1 (15 oz) can black beans, rinsed and drained  
1 can of whole-grain corn, drained  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
1 can diced jalapeño pepper  
1 can of tomato cubes, drained  
1 cup of Italian dressing  
1/2 teaspoon of garlic salt

**Directions:**

1. Mix black-eyed peas, black beans, corn, onion, green pepper, jalapeño peppers, and tomatoes. Season with Italian dressing and salt with garlic; mix well. Put in the fridge overnight to mix the flavors.

## **131. Sweet Potato Casserole Dessert**

**Servings:** 18

**Ingredients:**

4 1/2 cups of cooked and mashed sweet potatoes  
1/2 cup melted butter  
1/3 cup milk  
1 cup white sugar  
1/2 teaspoon vanilla extract  
2 eggs, beaten  
1 cup light brown sugar  
1/2 cup all-purpose flour  
1/3 cup butter  
1 cup chopped pecans

**Directions:**

1. Preheat the oven to 175 degrees (350° F).
2. Combine mashed potatoes, 1/2 cup butter, milk, sugar, vanilla extract, and eggs in a large bowl. Spread the sweet potato mixture in the prepared baking dish.
3. Combine brown sugar and flour in a small bowl. Add 1/3 cup butter until the mixture is crumbly, and add the pecans. Sprinkle the pecan mixture over the sweet potatoes.
4. Bake in the preheated oven for 25 minutes or until golden brown.

## **132. Cranberry Sauce**

**Servings:** 11

### **Ingredients:**

12 ounces cranberries  
1 cup white sugar  
1 cup of orange juice

### **Directions:**

1. In a saucepan, dissolve the sugar in the orange juice.
2. Stir in the cranberries and cook until the cranberries begin to appear (about 10 minutes). Remove from heat and put the sauce in a bowl. The cranberry sauce becomes thicker as it cools.

## **133. Vegetarian Meatloaf**

**Servings:** 8

### **Ingredients:**

1 bottle of barbecue sauce  
1 package of vegetarian burgers (12 oz)

1 green pepper, minced  
1/3 cup chopped onion  
1 clove garlic  
1/2 cup breadcrumbs  
3 tablespoons Parmesan cheese  
1 beaten egg  
1/4 teaspoon dried thyme  
1/4 c. dried basil  
1/4 teaspoon  
Salt and pepper to taste

**Directions:**

1. Preheat the oven to 165 degrees (325° F). Grease a 5 x 9-inch light bread pan.
2. In a bowl, mix half of the barbecue sauce with the vegetarian burgers, green pepper, onion, garlic, breadcrumbs, parmesan cheese, and egg. Season with thyme, basil, parsley, salt, and pepper put in the bread pan.
3. Bake for 45 minutes in the preheated oven. Pour the rest of the barbecue sauce onto the bread and continue to cook for 15 minutes.

## **134. Vegetarian Kale Soup**

**Servings:** 8

**Ingredients:**

2 tablespoons olive oil  
1 yellow onion, minced  
2 tablespoons chopped garlic  
1 bunch of kale, stems removed and chopped  
8 cups of water  
6 cubes of vegetable broth  
1 can of tomato cubes (15 grams)  
6 white potatoes, peeled and diced

2 cans cannellini beans (drained if desired)  
1 tablespoon of Italian herbs  
2 tablespoons dried parsley  
pepper to taste

**Directions:**

1. Heat the olive oil in a pan; cook onion and garlic until soft. Stir in kale and cook until soft, about 2 minutes.
2. Stir in water, vegetable stock, tomatoes, potatoes, beans, Italian herbs, and parsley.
3. Let the soup simmer for 25 minutes over medium heat or until the potatoes are tender. Season with salt and pepper.

## **135. Vegetarian Chili**

**Servings:** 16

**Ingredients:**

1 tablespoon vegetable oil  
3 garlic cloves  
1 cup chopped onion  
1 cup chopped carrots  
1 cup chopped green pepper  
1 cup chopped red pepper  
2 tablespoons chili powder  
1 1/2 cup fresh chopped mushrooms  
1 can of peeled whole tomatoes (28 oz) with liquid  
1 can (15 oz) black beans, minced, not drained  
1 can (15 oz) of red beans, not drained  
1 can of 15 pinto beans, not drained  
1 can of whole-grain corn, drained  
1 tablespoon of cumin  
1 1/2 tablespoon dried oregano  
1 1/2 tablespoon dried basil



1/2 tablespoon garlic powder

**Directions:**

1. Put the oil in a saucepan. Cook and mix the garlic, onion, and carrots in the pan until soft. Stir in the green pepper and red pepper. Season with chili powder. Continue to cook for 5 minutes or until the pepper is soft.
2. Mix the mushrooms in the pot. Stir in the tomatoes with the liquid, the black beans with the liquid, the red beans with the liquid, the pinto beans with the liquid, and the corn. Season with cumin, oregano, basil, and garlic powder.
3. Cook for 20 min., stirring occasionally.



**Meat**

## **136. Simple/Aromatic Meatballs**

**Servings: 4**

**Ingredients:**

2 cups ground beef 1 egg, beaten

1 teaspoon Taco seasoning 1tablespoon sugar-free marinara sauce 1 teaspoon garlic, minced

½ teaspoon salt

**Directions:**

1. Take a mixing bowl and put all the ingredients into the bowl
2. Add all the ingredients into the bowl. Mix all the ingredients with a spoon or fingertips. Then make the small size meatballs and put them in a layer in the air fryer rack
3. Lower the air fryer lid. Cook the meatballs for 11 minutes at 350° F. Serve immediately and enjoy!

## **137. Salsa Pulled Pork**

**Servings: 4**

**Ingredients:**

lbs pork shoulder, boneless and cut into chunks 1/4 cup fresh cilantro chopped

1/2 cup beef stock

1 tbsp honey

15 oz can tomato, drained and diced 15 oz salsa

1 tsp dried oregano,

1 tsp ground cumin Pepper

Salt

**Directions:**

1. Season meat with pepper and salt.
2. Add meat, stock, oregano, cumin, honey, tomatoes, and salsa to the skillet.

3. Seal skillet with lid and cook on high for 15 minutes.
4. Allow releasing pressure naturally, then open the lid.
5. Shred the meat using a fork.
6. Add cilantro and stir everything well.
7. Serve and enjoy.

## **138. Juiciest Bacon Strips**

**Servings:** 2

**Ingredients:**

10 bacon strips

$\frac{1}{4}$  teaspoon chili flakes  $\frac{1}{3}$  teaspoon salt

$\frac{1}{4}$  teaspoon basil, dried

**Directions:**

1. Rub the bacon strips with chili flakes, dried basil, and salt
2. Turn on your air fryer and place the bacon on the rack
3. Lower the air fryer lid. Cook the bacon at 400F for 5 minutes
4. Cook for 3 minutes more if the bacon is not fully cooked. Serve and enjoy!

## **139. Rosemary Broccoli Pork**

**Servings:** 4

**Ingredients:**

1 lb pork loin, chopped

1 cup cherry tomatoes chopped

1 cup broccoli chopped 1 onion chopped

$\frac{1}{2}$  tsp chili powder

1 fresh rosemary sprig  $\frac{1}{4}$  cup olive oil

$\frac{1}{2}$  tsp pepper

1 tsp salt

**Directions:**

1. Season meat with pepper and salt.
2. Add oil to the skillet and set the skillet on sauté mode.
3. Place meat into the skillet.
4. Add tomatoes, broccoli, onion, and sauté for a minute.
5. Season with rosemary and chili powder.
6. Seal skillet with lid and cook on stew mode.
7. Allow releasing pressure naturally, then open the lid.
8. Serve and enjoy!

## **140. Pork with Vegetables**

**Servings:** 3

**Ingredients:**

1 lb pork, cut into pieces 1 tbsp tomato paste  
tbsp Dijon mustard 1 chili pepper chopped  
spring onions chopped  
cup broccoli chopped  
1/4 cup celery stalk chopped 2 tbsp apple cider vinegar  
tbsp olive oil  
1/2 tsp garlic powder,  
1 tsp dried celery  
1/2 tsp pepper  
4 cup beef stock 1 tsp sea salt

**Directions:**

1. Add oil into the skillet and set the skillet on sauté mode.
2. Season meat with pepper and salt and add in the skillet.

3. Add vegetables, garlic powder, celery, tomato paste, and stock and stir well.
4. Seal skillet with lid and cook on high for 20 minutes.
5. Allow releasing pressure naturally, then open the lid.
6. Serve hot and enjoy.

## **141. Tantalizing Beef Jerky**

**Servings:** 4

**Ingredients:**

½ pound beef, sliced into 1/8 inch thick strips  
½ cup of soy sauce  
2 tablespoons Worcestershire sauce 2 teaspoons ground black pepper  
1 teaspoon onion powder  
½ teaspoon garlic powder 1 teaspoon salt.

**Directions:**

1. Add listed ingredient to a large-sized Ziploc bag, seal it shut
2. Shake and leave it in the fridge overnight
3. Lay strips on dehydrator trays, making sure not to overlap them
4. Lock Air Crisping Lid and set the temperature to 135 degrees F, cook for 7 hours
5. Store in an airtight container, enjoy!

## **142. Beef Kofta**

**Servings:** 4

**Ingredients:**

Olive oil cooking spray

½ onion, roughly chopped 1-inch piece ginger, peeled 2  
garlic cloves, peeled  
⅓ cup fresh parsley  
⅓ cup fresh mint  
1 pound ground beef  
1 tbsp ground cumin  
1 tbsp ground coriander 1 teaspoon ground cinnamon  
¾ teaspoon kosher salt  
½ teaspoon ground sumac  
¼ teaspoon ground cloves  
¼ teaspoon freshly ground black pepper

**Directions:**

1. Preheat the oven to 400° F. Grease a 12-cup muffin tin.
2. In a food processor, add the onion, ginger, garlic, parsley, and mint; process until minced.
3. Place the mixture in a bowl. Add the beef, cumin, coriander, cinnamon, salt, sumac, cloves, and black pepper, and mix thoroughly with your hands.
4. Split the beef mixture into 12 balls and place each one in a prepared muffin tin cup. Bake for 20 minutes.

## **143. Ground Lamb with Lentils and Pomegranate Seeds**

**Servings:** 4

**Ingredients:**

1 tablespoon extra-virgin olive oil  
½ pound ground lamb  
teaspoon red pepper flakes  
½ teaspoon ground cumin  
¼ tsp freshly ground black pepper  
2 garlic cloves, minced

cups cooked, drained lentils  
1 hothouse or English cucumber, diced  
 $\frac{1}{3}$  cup fresh mint, chopped  
 $\frac{1}{3}$  cup fresh parsley, chopped  
1 lemon  
1 cup plain Greek yogurt  
 $\frac{1}{2}$  cup pomegranate seeds

**Directions:**

1. Put the olive oil in a skillet or sauté pan over medium-high heat. Add the lamb and season with the red pepper flakes, cumin, salt, and black pepper. Cook the lamb without stirring until the bottom is brown and crispy, about 5 minutes. Stir and cook for another 5 minutes. Using a spatula, break up the lamb into smaller pieces. Add the garlic and cook, occasionally stirring, for 1 minute. Transfer the lamb mixture to a medium bowl.
2. Add the lentils to the skillet and cook, occasionally stirring, until brown and crisp, about 5 minutes. Return the lamb to the skillet, mix, and warm through about 3 minutes. Transfer to the large bowl. Add the cucumber, mint, parsley, and lemon zest, mixing gently.
3. Spoon the yogurt into 4 bowls with some of the lamb mixtures. Garnish with the pomegranate seeds.

## **144. Lamb Meatballs**

**Servings:** 4

**Ingredients:**

Olive oil cooking spray 1 pound ground lamb  
 $\frac{1}{4}$  cup fresh mint, chopped  
 $\frac{1}{4}$  cup shallot, chopped 1 large egg, beaten  
1 garlic clove, chopped



1 teaspoon ground coriander  
1 teaspoon ground cumin  
¼ teaspoon ground cinnamon  
¼ teaspoon red pepper flakes

**Directions:**

1. Preheat the oven to 400° F. Oil a 12-cup muffin tin with olive oil cooking spray.
2. In a large bowl, combine the lamb, mint, shallot, egg, garlic, coriander, cumin, salt, cinnamon, and red pepper flakes; mix well. Form the mixture into 12 balls and place one in each cup of the prepared muffin tin. Bake for 20 minutes, or until golden brown.

## **145. Mediterranean Chimichurri Skirt Steak**

**Servings:** 4

**Ingredients:**

¾ cup fresh mint  
¾ cup fresh parsley  
⅔ cup extra-virgin olive oil  
⅓ cup lemon juice Zest of 1 lemon  
2 tablespoons dried oregano 4 garlic cloves, peeled  
½ teaspoon red pepper flakes  
1 to 1½ pounds skirt steak, cut in half if more extended than a grill pan

**Directions:**

1. In a food processor or blender, add the mint, parsley, olive oil, lemon juice, lemon zest, oregano, garlic, red pepper flakes, and salt. Process until the mixture reaches your desired

consistency—anywhere from a slightly chunky to smooth purée. Remove a half cup of the chimichurri mixture and set aside.

2. Pour the remaining chimichurri mixture into a medium bowl or zip-top bag and add the steak. Mix well and marinate for at least 30 minutes and up to 8 hours in the refrigerator.
3. In a grill pan over medium-high heat, add the steak and cook for 4 minutes on each side (for medium-rare). Cook an additional 1 to 2 minutes per side for medium.
4. Place the steak on a cutting board, tent with foil to keep it warm, and let it rest for 10 minutes. Thinly slice the steak crosswise against the grain and serve with the reserved sauce.

## **146. Roasted Pork Asparagus and Tomatoes**

**Servings:** 4

### **Ingredients:**

1 lb. pork tenderloin, trimmed  
1 tsp. dried marjoram  
1/4 tsp. ground pepper  
2 tbsp. vegetable oil, divided  
1 lb. asparagus, trimmed and cut into 1-inch pieces  
1 large red onion, chopped  
1 cup halved cherry tomatoes  
For the Vinaigrette:  
1 large garlic clove, minced  
1 tsp. minced fresh thyme leaves  
2 tbsp. fresh lemon juice  
1/8 tsp. kosher salt  
4 tsp. extra virgin olive oil  
Freshly ground black pepper

**Directions:**

1. Preheat oven to 400° F.
2. Season pork with marjoram, pepper, and 1/4 tsp. Salt.
3. In an oven-proof pot over medium-high, add 1 tbsp. Oil and heat until shimmering.
4. Add the pork and cook, often turning, about 5 to 7 minutes or until browned all over.
5. In a medium bowl, add the asparagus, onion, and remaining oil and salt, mixing well. Arrange mixture around the pork.
6. Roast pork and vegetables, adding tomatoes halfway through, 12 minutes.
7. Transfer pork and cover with foil and let stand 5 minutes. Stir vegetables with the juices in the skillet.
8. For the Vinaigrette: In a small bowl, whisk together the garlic, thyme, lemon juice, and salt.
9. Slowly whisk in the olive oil.
10. Slice pork, across the grain, into 1-inch medallions.
11. Transfer pork to serving plates. Arrange vegetables around the pork.
12. Serve drizzled with vinaigrette. Season to taste with pepper. Enjoy!
13. Note that you can also serve with rice pilaf or a side salad.

## **147. Herb Roasted Lamb Chops**

**Servings:** 4

**Ingredients:**

3 tbsp. extra virgin olive oil  
8 lamb chops  
2 garlic cloves, cut into small slices  
Kosher salt, to taste

2 tbsp. freshly rosemary leaves

**Directions:**

1. Preheat oven to 375°F.
2. Place chops on rack in a baking sheet. Brush chops with olive oil.
3. Cut 1 small, shallow slit in the top of each lamb chop.
4. Place a sliver of garlic in each cut.
5. Season lamb with salt and sprinkle with rosemary.
6. Roast chops for 20 minutes or until an instant-read thermometer inserted in the thickest part of the chop registers 160° F for medium.
7. Serve warm. Enjoy!

## **148. Vegetables Lamb Shanks**

**Servings:** 6

**Ingredients:**

1 tsp. sweet Spanish paprika  
2 1/4 tsp. garlic powder  
1 tsp. salt  
3/4 tsp. nutmeg, ground  
1 tsp. black pepper  
For Lamb:  
2 tbsp. olive oil  
2 celery ribs, chopped  
1 pound baby potatoes, scrubbed  
3 cups low sodium beef broth  
2 cinnamon sticks  
2 sprigs fresh rosemary  
6 lamb shanks  
1 medium yellow onion, roughly chopped  
3 large carrots, peeled and diced  
2 cups dry red wine

1 can (28 oz.) peeled tomatoes  
4 sprigs fresh thyme

**Directions:**

1. Preheat the oven to 350 degrees F.
2. Mix all the spices and rub this mixture over the lamb.
3. Heat 2 tbsp. Oil in a Dutch oven on medium-high heat and add the shanks.
4. Sear for about 8 minutes per side and add carrots, onions, potatoes, and celery.
5. Sauté for about 7 minutes and stir in the red wine. Deglaze the oven and add cinnamon, tomatoes, thyme, rosemary, and broth. Turn off the heat after 10 minutes of cooking and cover the Dutch oven.
6. Place this covered Dutch oven in the preheated oven and bake for about 2 hours 30 minutes.
7. Dish out and serve warm. Enjoy!

## **149. Mediterranean Beef**

**Servings:** 6

**Ingredients:**

3 tbsp. all-purpose flour  
1/2 tsp. dried oregano  
1/2 tsp. salt  
1 tsp. black pepper  
2 lb. beef chuck shoulder roast, boneless and fat trimmed, cut into bite-size cubes  
2 tbsp. olive oil  
1 onion, chopped  
1 garlic clove, minced  
4 shallots, sliced  
1/2 cup beef stock

1/4 cup red wine  
1/4 cup balsamic vinegar  
Fresh parsley, for garnishing

**Directions:**

1. Combine the flour, oregano, salt, and pepper.
2. Cover the beef cubes with the flour mixture.
3. Pour the olive oil into the oven.
4. Set to sauté mode. Add the onion, garlic, and shallots.
5. Sauté for 5 minutes, stirring frequently.
6. Add the beef and cook for 5 minutes.
7. Pour the stock, wine, and vinegar.
8. Cook on high for 40 minutes.
9. Use natural pressure release.
10. Garnish with the fresh parsley before serving.

## **150. Beef and Pasta**

**Servings:** 4

**Ingredients:**

2 tbsp. olive oil, divided  
1 lb. beef stew meat  
1/2 cup onion, chopped  
1 tbsp. garlic, minced  
14 1/2 oz. canned diced tomatoes with juice  
14 oz. artichoke hearts, drained and chopped  
4 oz. mushroom, sliced  
1 tbsp. capers, drained  
1 tbsp. balsamic vinegar  
1 tsp. Italian seasoning  
1 tsp. salt  
1 tsp. sugar  
1 1/2 cups penne pasta, uncooked  
Pepper, to taste

1/2 cup parmesan cheese

**Directions:**

1. Cook the pasta according to package directions.
2. Put half of the olive oil into the oven.
3. Brown the beef stew meat on both sides.
4. Transfer the beef to a platter.
5. Pour the remaining oil into the oven.
6. Add the onions and garlic.
7. Sauté for 5 minutes.
8. Add the tomatoes, artichoke hearts, mushrooms, capers, balsamic vinegar, Italian seasoning, salt, and sugar.
9. Cover the skillet. Cook on high for 1 hour.
10. Release the pressure quickly. Uncover the oven.

## **151. Steak and Veggies**

**Servings:** 4

**Ingredients:**

4 tbsp. olive oil  
2 tbsp. dried thyme  
2 garlic cloves, crushed and minced  
6 tbsp. yogurt  
Salt and pepper, to taste  
2 tbsp. olive oil, divided  
1 lb. fillet steak  
2 onions, sliced  
2 red peppers, sliced into strips  
4 zucchinis, sliced into rounds

**Directions:**

Mix the olive oil, thyme, and garlic.  
Pulse in the food processor until smooth.  
Add the yogurt, salt, and pepper.

Blend well and set aside.  
Add half of the olive oil.  
Brown the steak until fully cooked.  
Getaway from the oven and transfer to a platter.  
Add the remaining olive oil to the oven.  
Sauté the onions, red pepper, and zucchini.  
Serve the steak with vegetables and garlic- yogurt dressing.  
Enjoy!

## **152. Pork Souvlaki**

**Servings:** 4

### **Ingredients:**

For the Marinade:

1/4 cup olive oil  
1/4 cup red wine  
2 tbsp. lemon juice  
1 tbsp. dried mint  
1 tbsp. oregano  
4 garlic cloves, minced  
1 bay leaf, crumbled into tiny pieces

For the Kabobs:

1 pound pork shoulder, trimmed and cubed  
1/2 tsp. salt  
1 tsp. pepper  
1 lemon, cut into wedges

### **Directions:**

1. Merge all the ingredients for the marinade and mix well.
2. Add the cubed pork to the mixing bowl and stir well.
3. Cover tightly and refrigerate. Let sit until you are ready to grill.
4. To assemble the kabobs, attach 6 pieces of pork per skewer.



5. Sprinkle each kabob with salt and pepper and then transfer to the hot grill. Cook kabobs for 12 minutes, turning throughout the process to ensure they cook evenly.
6. Getaway from the grill and serve with lemon wedges. Enjoy!

## **153. Blue Cheese Topped Pork Chops**

**Servings:** 4

**Ingredients:**

- 1 pinch cayenne pepper
- 2 tbsp. fat-free Italian salad dressing
- 4 (6 oz.) bone-in pork loin chops
- 1 tbsp. fresh rosemary snipped
- 1/4 cup reduced-fat blue cheese, crumbled

**Directions:**

1. Preheat the oven at broiler settings and line a broiler tray with a foil sheet.
2. Mix the Italian salad dressing with cayenne pepper.
3. Cover the 2 sides of the pork chops with this dressing mixture.
4. Place the pork chops on the broiler tray, and broil the pork chops for about 10 minutes, flipping in between.
5. Top the chops with cheese and rosemary. Serve and enjoy!

## **154. Pork Tenderloin with Greek Salad**

**Servings:** 4

**Ingredients:**

- 1 cup olive oil, divided

1 tbsp. lemon juice  
1 tsp. lemon zest  
4 garlic cloves, chopped  
2 tbsp. oregano leaves, chopped  
1 1/2 lb. pork tenderloin  
Salt and pepper, to taste  
4 cups Romaine lettuce, chopped coarsely  
2 tomatoes, quarter cut  
2 cups baby arugula  
1 cup kalamata olives, pitted  
1 cucumber, sliced into rounds  
1 tbsp. capers  
1 tbsp. Dijon mustard  
1/4 cup red wine vinegar  
1 tbsp. anchovy paste  
1/4 lb. Greek feta cheese, crumbled

**Directions:**

1. Put half of the olive oil into a food processor.
2. Add the lemon juice, lemon zest, garlic, and oregano leaves.
3. Pulse until smooth.
4. Coat the pork tenderloin with this mixture.
5. Cover with plastic and refrigerate for 1 hour.
6. Season the pork tenderloin with salt and pepper.
7. Cook the pork until brown on both sides.
8. Transfer to a platter and set aside.
9. In a bowl, combine the lettuce, tomatoes, arugula, olives, cucumber, and capers.
10. In another bowl, blend the mustard, vinegar, remaining olive oil, and anchovy paste.
11. Toss the salad in this mixture.
12. Top with the Greek feta cheese.
13. Serve the pork with the salad. Enjoy!

## **155. Pork Strips with Cumin and Sweet Paprika**

**Servings:** 4

### **Ingredients:**

3 tbsp. sweet paprika  
1/2 tbsp. ground cumin  
3 tbsp. garlic, chopped  
2 tbsp. dried oregano  
Salt and pepper, to taste  
2 tbsp. olive oil  
2 lb. pork tenderloin, cut into strips  
2 cup vegetable stock  
4 cups lettuce, chopped

### **Directions:**

1. Combine the paprika, cumin, garlic, oregano, salt, and pepper.
2. Coat the pork strips with this mixture.
3. Marinate for 30 minutes.
4. Pour the olive oil into the oven.
5. Brown the pork strips for 10 minutes.
6. Add the vegetable stock.
7. Cook on high for 30 minutes.
8. Serve the pork strips with the chopped lettuce.  
Enjoy!

## **156. Lemon Garlic Pork Loin with Zucchini and Pepper**

**Servings:** 4

### **Ingredients:**

1 lemon, cut into wedges, peeled and grated  
2 sprigs thyme, stemmed

2 tbsp. olive oil, divided  
1 tbsp. garlic, minced  
Salt and pepper, to taste  
2 lb. pork loin, sliced into strips  
1 onion, quarter cut  
1 red pepper, diced  
1 zucchini, sliced into strips

**Directions:**

1. Combine the lemon zest, thyme, half of the olive oil, garlic, salt, and pepper.
2. Marinate the pork for 30 minutes.
3. Add the remaining oil to the oven.
4. Brown the pork loin for 10 minutes.
5. Take the pork and set it aside.
6. Add the onions, red peppers, and zucchini.
7. Cook until soft.
8. Put the pork back into the oven.
9. Cook for 2 more minutes, stirring frequently.
10. Serve while warm. Enjoy!

## **157. Pulled Pork Gyros**

**Servings:** 4

**Ingredients:**

2 lb. pork roast  
1 onion, sliced thinly  
2 garlic cloves, crushed and minced  
3 tbsp. Greek seasoning blend  
1/2 cup water  
1 cup red cabbage, chopped  
1 cup tomatoes, chopped  
1/2 cup white onion, chopped

**Directions:**

1. Add the pork loin, onion, garlic, and seasoning blend into the oven. Mix well.
2. Pour in the water. Cover the oven. Set it to manual.
3. Cook on high for 1 hour.
4. Release the pressure naturally.
5. Put the pork roast out of the oven.
6. Shred the meat using 2 forks.
7. Drizzle the cooking liquid over the meat.
8. Serve with the cabbage, tomatoes, and white onions. Enjoy!

## **158. Albondigas (Spanish Meatballs)**

**Servings:** 4

### **Ingredients:**

For the meatballs:

- 1 cup milk
- 2 slices stale bread
- 1/2 cup onion, minced
- 1/4 cup flat-leaf parsley, chopped
- 1 egg
- 1-2 cloves garlic, minced
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon sea salt
- 1 pound ground beef
- 1 cup olive oil

For the sauce:

- 2 tablespoons olive oil
- 1/4 cup minced onion
- 1 clove garlic, minced
- 1 tablespoon flour
- 1 cup beef broth
- 1/4 cup red wine
- Pinch saffron threads
- 1/2 teaspoon hot paprika

**Directions:**

Make the meatballs:

1. Combine the milk and bread, and soften for 5–10 minutes. Squeeze out the excess milk from the bread.
2. Add the onion, parsley, egg, garlic, and season with sea salt and fresh ground pepper.
3. Use your hands to mix the ground beef into the bread mixture, thoroughly combining.
4. Put the olive oil in a pot.
5. Form the ground beef mixture into 1-inch balls (roughly 30–40 meatballs) and fry in the oil until thoroughly cooked and lightly browned.
6. Transfer to a paper towel to drain.

Make the sauce:

1. In a saucepan, heat the olive oil.
2. Sauté the onion and garlic until softened.
3. Whisk in the flour, constantly stirring for 30 seconds.
4. Whisk in the beef broth and wine, and simmer until thickened slightly. Stir in the saffron and hot paprika.
5. Pour the sauce over the meatballs to serve.

## **159. Beef and Polenta**

**Servings:** 4

**Ingredients:**

1/4 cup olive oil  
2 pounds lean, boneless beef, cut into 2-inch cubes  
1 yellow onion, peeled and chopped  
3 cloves garlic, minced  
1 cup white wine  
1 (10-ounce) can tomato sauce  
1 teaspoon dried rosemary

1 bay leaf  
1/2 teaspoon Chipotle chili powder or red chili powder  
1 package prepared polenta

**Directions:**

1. Heat the olive oil over medium-high heat.
2. Add the beef and cook for 10–12 minutes, occasionally stirring to brown on all sides.
3. Add the onion and garlic, cook an additional 5 minutes, or wait until the onion is tender.
4. Deglaze the bottom of the oven with the wine, making sure to scrape up the brown bits with a wooden spoon.
5. Stir in the tomato sauce, herbs, and chili powder.
6. Cover and simmer for up to 2 hours, or until the beef is very tender. Prepare the polenta according to package directions.
7. Remove the bay leaf, and serve the beef stew with the polenta.

## **160. Beef Stew**

**Servings:** 8

**Ingredients:**

For the marinade:

1 cup red wine  
1/2 cup olive oil  
1 medium onion, sliced  
1 celery stalk, sliced  
1/4 cup brandy  
2 cloves garlic, minced  
3/4 teaspoon dried thyme  
Zest of 1 orange

For the stew:

2 pounds lean beef stew, cut into 2-inch cubes

2 tbsp olive oil  
Sea salt and pepper, to taste  
1 tbsp instant flour  
6 medium carrots, peeled and cut into 1-inch slices  
14 small pearl onions, peeled  
1 (14-ounce) can chopped tomatoes, drained  
1 cup low-salt olives, pitted

Directions:

Make the marinade:

1. Combine the marinade ingredients in a plastic bag and add beef. Shake well to coat and refrigerate for up to 24 hours.
2. Drain and discard the marinade.
3. Make the stew
4. Heat the olive oil over medium-high heat.
5. Season the meat with sea salt and freshly ground pepper and toss with flour.
6. Brown the meat in the oil for 8-10 minutes, frequently stirring until all sides are well browned.
7. Add the remaining ingredients.
8. Simmer on low for up to 2 hours, or until the carrots and meat are tender.
9. Serve stew on a bed of noodles or rice.

## **161. Flank Steak and Blue Cheese Wraps**

**Servings:** 6

**Ingredients:**

1 cup leftover flank steak, cut into 1-inch slices  
1/4 cup red onion, thinly sliced  
1/4 cup cherry tomatoes, chopped  
1/4 cup low-salt olives, pitted  
1/4 cup roasted peppers, drained and coarsely chopped



1/4 cup blue cheese crumbles  
6 whole-wheat or spinach wraps  
Sea salt and pepper, to taste

**Directions:**

1. Combine the flank steak, onion, tomatoes, olives, bell pepper, and blue cheese in a small bowl.
2. Spread 1/2 cup of this mixture on each wrap and roll halfway. Fold the end in, and finish rolling like a burrito.
3. Cut on a diagonal if you'd like, season to taste, and serve.

## **162. Lamb and Vegetable Bake**

**Servings:** 6

**Ingredients:**

1/4 cup olive oil  
1 pound boneless, lean lamb, cut into 1/2-inch pieces  
2 large red potatoes, scrubbed and diced  
1 large onion, coarsely chopped  
2 cloves garlic, minced  
1 (28-ounce) can diced tomatoes with liquid (no salt added)  
2 medium zucchini, cut into 1/2-inch slices  
1 red bell pepper, cut into 1-inch cubes  
2 tablespoons flat-leaf parsley, chopped  
1 teaspoon dried thyme  
1 tablespoon paprika  
1/2 teaspoon ground cinnamon  
1/2 cup red wine  
Sea salt and pepper, to taste

**Directions:**

1. Preheat the oven to 325 degrees.
2. Put the olive oil in a skillet over medium-high heat.

3. Add the lamb and brown the meat, stirring frequently. Transfer the lamb to an ovenproof baking dish.
4. Cook the potatoes, onion, and garlic in the skillet until tender, then transfer them to the baking dish.
5. Pour the tomatoes, zucchini, and pepper into the pan along with the herbs and spices, and simmer for 10 minutes.
6. Cover the lamb, onions, and potatoes with the tomato and pepper sauce and wine.
7. Cover with aluminum foil and bake for 1 hour. Uncover during the last 15 minutes of baking.
8. Season to taste and serve with a green salad.

## **163. Lamb Couscous**

**Servings:** 8

### **Ingredients:**

2 pounds boneless lamb meat, cut into 2-inch pieces  
1/2 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
Sea salt and pepper, to taste  
1/4 cup olive oil  
1 onion, peeled and coarsely chopped  
1 bulb celeriac, cut into chunks  
5 cups chicken broth  
2 zucchini, cut into 1-inch pieces  
1 cup cooked chickpeas  
1 cup raisins (optional)  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground cardamom  
1/4 teaspoon ground cloves  
1/4 teaspoon ground nutmeg  
5 cups cooked whole-wheat couscous

1/2 cup fresh cilantro, chopped  
1/2 cup fresh mint, chopped  
1/4 cup green onions, chopped

**Directions:**

1. Season the lamb meat with thyme, marjoram, sea salt, and freshly ground pepper, and grill in a grill basket for 8–10 minutes, stirring frequently.
2. If you don't have a grill basket, you can also cook the lamb in a heavy skillet.
3. Set aside, but keep warm.
4. Put the olive oil in a pot.
5. Add the onion and celeriac, and cook until tender, stirring frequently.
6. Add the chicken broth, zucchini, chickpeas, raisins, spices, and simmer 10–20 minutes.
7. To serve, mound the couscous in the middle of a serving platter and arrange the vegetables and meat around the couscous. Garnish with fresh cilantro, mint, and green onions.

## **164. Pork and Cannellini Bean Stew**

**Servings:** 6

**Ingredients:**

1 cup dried cannellini beans  
1/4 cup olive oil  
1 medium onion, diced  
2 pounds pork roast, cut into 1-inch chunks  
3 cups of water  
1 (8-ounce) can tomato paste  
1/4 cup flat-leaf parsley, chopped  
1/2 teaspoon dried thyme  
Sea salt and pepper, to taste

**Directions:**

1. Rinse and sort the beans.
2. Cover beans with water and leave overnight. Heat the olive oil in a large stew skillet.
3. Add the onion, occasionally stirring, until golden brown.
4. Add the pork chunks and cook for 5–8 minutes, frequently stirring, until the pork is browned.
5. Add the water and bring to a boil.
6. Add the tomato paste, parsley, and thyme, simmer an additional 15 minutes, or slightly thicken the sauce. Season to taste.

## **165. Pork Loin in Dried Fig Sauce**

**Servings:** 6

**Ingredients:**

Three teaspoons fresh rosemary  
1 tablespoon fresh thyme  
Sea salt and pepper, to taste  
1 (3-pound) pork loin  
1/2 cup olive oil  
3 carrots, peeled and sliced  
1 onion, diced  
1 garlic clove, minced  
1 cup dried figs, cut into small pieces  
1 cup white wine  
Juice of 1 lemon

**Directions:**

1. Preheat the oven to 300 degrees.
2. Mix the rosemary, thyme, sea salt, and freshly ground pepper to make a dry rub. Press the rub into the pork loin.
3. Heat the olive oil in a skillet.

4. Add the pork loin, carrots, onion, and garlic, and cook for 15 minutes, or until the pork is browned.
5. Transfer all to a shallow roasting pan.
6. Add the figs, white wine, and lemon juice.
7. Cover with aluminum foil and bake for 40–50 minutes, or until the meat is tender and internal temperature is about 145 degrees.
8. Transfer the meat to a serving dish, and cover with aluminum foil. Wait 15 minutes before slicing.
9. In the meantime, pour the vegetables, figs, and liquids into a blender.
10. Transfer to a gravy dish or pour directly over the sliced meat.

## **166. Stuffed Flank Steak**

**Servings:** 6

### **Ingredients:**

2 pounds flank steak  
Sea salt and pepper, to taste  
1 tablespoon olive oil  
1/4 cup onion, diced  
1 clove garlic, minced  
2 cups baby spinach, chopped  
1/2 cup dried tomatoes, chopped  
1/2 cup roasted red peppers, diced  
1/2 cup almonds, toasted and chopped  
Kitchen twine  
1/2 cup chicken stock

### **Directions:**

1. Lay the steak out on a board, and generously season with sea salt and freshly ground pepper
2. Heat the olive oil in a medium saucepan. Add the onion and garlic.

3. Cook 5 minutes on medium heat.
4. Add the spinach, tomatoes, peppers, and chopped almonds, and cook an additional 3 minutes, or until the spinach wilts slightly.
5. Let the tomato and spinach mixture cool to room temperature. Spread the tomato and spinach mixture evenly over the flank steak.
6. Roll the flank steak up slowly and tie it securely with kitchen twine on both ends and in the middle.
7. Brown the flank steak in the same pan for 5 minutes, turning it carefully to brown all sides.
8. Place steak in a slow cooker with the chicken stock. Cover and cook on low for 4-6 hours.
9. Cut into rounds, discarding the twine, and serve.

## **167. Marsala Pork Chops with Figs**

**Servings:** 4

### **Ingredients:**

4 thick pork chops  
2½ teaspoons salt, divided  
½ teaspoon freshly ground black pepper  
¼ teaspoon ground cinnamon  
2 tbsp e.v.o. plus more to oil the pan  
2 shallots, thinly sliced  
¾ cup chicken or beef broth  
⅓ cup Marsala wine  
6 dried figs, stems cut off, cut in half  
1 tablespoon chopped fresh flatleaf parsley

### **Directions:**

1. Sprinkle the pork chops with 1½ teaspoons salt, pepper, and cinnamon.
2. Put the olive oil in a large skillet over high heat. Add the seasoned pork chops and cook until they are

golden on both sides, about 4 minutes per side. Remove the chops and set them aside.

3. Add the shallots to the same pan and sauté until they begin to brown, about 5 minutes.
4. Add the chicken or beef broth, wine, figs, and remaining 1 teaspoon salt and bring to a boil. Reduce to a simmer and return the pork chops to the pan.
5. Cover and cook the chops for an additional 3 to 5 minutes, until they are cooked through.
6. Arrange the chops on a serving platter and spoon the Marsala sauce over the top. Garnish with the parsley.
7. The cooked chops can be stored for up to 5 days in the refrigerator.

## **168. Pomegranate-Glazed Lamb Shanks**

**Servings:** 6

### **Ingredients:**

4 lamb shanks, about 1 pound each  
2 teaspoons salt  
1 teaspoon paprika  
½ teaspoon freshly ground black pepper  
1 onion, chopped  
2 carrots, peeled and chopped  
2 garlic cloves, minced  
2 tablespoons extra-virgin olive oil  
1 cup pomegranate juice  
¼ cup honey  
1 tablespoon orange zest  
¼ cup chopped fresh flatleaf parsley

### **Directions:**

1. Season the lamb shanks with the salt, paprika, and pepper and place in a slow cooker.
2. Add the onion, carrots, garlic, olive oil, pomegranate juice, and honey. Mix well.
3. Cover and cook on low for 6 hours.
4. Add the orange zest and parsley and serve.
5. Lamb shanks can be stored for 1 week in the refrigerator or frozen for several months. For easier defrosting, it's best to remove the meat from the bone before freezing.

## **169. Stuffed Peppers**

**Servings:** 6

### **Ingredients:**

3 tablespoons extra-virgin olive oil  
1 large white onion, chopped  
½ pound ground lamb  
½ pound ground beef  
1 tablespoon chopped sun-dried tomatoes (optional)  
1 garlic clove, minced  
1 teaspoon salt  
1 teaspoon dried oregano  
¼ teaspoon freshly ground black pepper  
2 cups cooked rice  
1 (7.5-ounce) can tomato sauce  
2 tablespoons chopped fresh flatleaf parsley  
6 green bell peppers, tops removed and reserved, seeds discarded  
1 cup of chicken broth or water

### **Directions:**

1. Preheat the oven to 350° F.
2. Place a large skillet over high heat. Add the oil and sauté the onion for 5 to 7 minutes, or until it begins



to brown.

3. Add the lamb and beef and cook until there is no pink left in the meat. Drain any liquid from the pan.
4. Add the sun-dried tomatoes (if using), garlic, salt, oregano, black pepper, rice, tomato sauce, parsley, and cook for 1 or 2 minutes to thicken the sauce.
5. Set the filling aside and let it sit for 10 to 15 minutes before stuffing the peppers.
6. The filling in a 9-by- 13-inch roasting pan.
7. Top each pepper with its lid. Carefully pour the broth or water into the pan.
8. Bake 30 minutes or until the peppers are soft. Let them sit for 10 min, before serving.
9. Cooked peppers can be stored in the refrigerator for 1 week or frozen for several months.

## **170. Tuscan Steak with Salsa Verde**

**Servings:** 4

### **Ingredients:**

2 (18-ounce) bone-in rib-eye steaks, about 1½ inches thick  
2 tablespoons extra-virgin olive oil  
1½ teaspoons salt  
½ teaspoon freshly ground black pepper  
1 recipe Salsa Verde

### **Directions:**

1. Preheat the oven to 400° F.
2. Wipe the steaks with oil and sprinkle with salt and pepper.
3. Place a large, heavy skillet over high heat and let the pan get hot. To test, flick a few drops of water onto the pan. The water should immediately pop and evaporate; that's how you know the pan is ready.

4. Put the steaks in the pan and brown for 3 to 4 minutes or until they are a deep golden brown on each side.
5. Place the steaks on a rimmed baking sheet and slide it into the oven. Cook 10 minutes for rare or 15 minutes for medium.
6. Getaway from the oven and let rest 10 to 15 minutes. Slice thin and serve with Salsa Verde.
7. Once cooked, the steaks will keep for 5 days in the refrigerator.

## **171. Pork Loin Gremolata**

**Servings:** 6

### **Ingredients:**

1 cup of water

One 3- to 4-pound boneless pork loin roast

2 tbsp e.v.o., plus more to oil the roasting pan

1½ teaspoons salt

½ teaspoon freshly ground black pepper

¼ teaspoon ground nutmeg

1 recipe Gremolata

### **Directions:**

1. Preheat the oven to 400° F.
2. Grease a roasting pan big enough to hold the pork roast. Add 1 cup water to the roasting pan.
3. Rub the roast with olive oil and top with salt, pepper, and nutmeg.
4. Roast 40 minutes, or until a meat thermometer reads 150° F.
5. Remove from the oven and let rest 10 to 15 minutes before serving.
6. To serve, cut the pork roast into ¼-inch slices and arrange it on a platter. Spoon the gremolata over

the top or serve it on the side.

7. Roast pork will last in the refrigerator for about 1 week. Gremolata will last 1 week in the refrigerator or a few months in the freezer.

## **172. Roast Pork Tenderloin**

**Servings: 6**

### **Ingredients:**

1 teaspoon Spanish paprika  
1/2 teaspoon ground cumin  
1 teaspoon red wine vinegar  
1 clove garlic, minced  
1/2 teaspoon ground coriander  
1/2 teaspoon ginger  
1/2 teaspoon freshly ground pepper  
1/4 teaspoon turmeric  
1 pound pork tenderloin  
Sea salt and freshly ground pepper,  
2 tablespoons olive oil

### **Directions:**

1. Merge all the ingredients except the pork tenderloin.
2. Spread over the meat in a thick paste, cover, and refrigerate for several hours or overnight.
3. Heat a grill to medium heat, and grill the tenderloin for 10-12 minutes, turning halfway through. An instant-read thermometer should read 145 degrees.
4. Transfer the meat to a serving platter and allow it to rest for 15 minutes before slicing.
5. Season to taste and serve.

## **173. Greek Kebabs**

**Servings: 6**

**Ingredients:**

1/4 cup olive oil  
Juice of 1 lemon  
1 tablespoon dried oregano  
2 cloves garlic, minced  
5 bay leaves  
Salt and pepper to taste  
2 pounds beef sirloin, cut into 2-inch cubes

**Directions:**

1. Put the stuff in a bag. Add the meat and shake to coat.
2. Marinate for up to 24 hours and drain.
3. Skewer the meat onto 8-inch skewers and grill on medium heat for 8-10 minutes, turning the skewers halfway through the cooking time.

## **174. Beef and Wild Mushroom Stew**

**Servings:** 8

**Ingredients:**

2 pounds fresh porcini or morel mushrooms  
1/3 cup olive oil  
2 pounds lean, boneless beef, cut into 2-inch cubes  
2 medium onions, finely chopped  
1 clove garlic, minced  
1 cup dry white wine  
1 teaspoon thyme, minced  
Sea salt and pepper, to taste

**Directions:**

1. Wash the mushrooms carefully by soaking them in cold water and swirling them around.
2. Trim away any soft parts of the mushrooms.

3. Heat the olive oil over medium-high heat. Brown the meat evenly on all sides and set aside on a plate.
4. Add onions, garlic, and mushrooms to the olive oil, and cook for 5–8 minutes
5. Cover and bring to a boil, then reduce heat to low and simmer. Simmer for 1 hour, or until the meat is tender and flavorful.
6. Season with freshly ground pepper and sea salt to taste.

## **175. Afelia**

**Servings:** 6

**Ingredients:**

2 pounds boneless pork roast,  
1 cup red wine  
1 tablespoon crushed coriander seeds  
1 cinnamon stick  
Sea salt and pepper, to taste  
1/4 cup olive oil  
1 cup small white onions, peeled  
3 bay leaves

**Directions:**

1. Place the pork chunks in a shallow bowl.
2. Add the red wine, coriander seeds, cinnamon stick, and marinate for several hours or overnight.
3. Drain, reserving the liquid, and pat the pork chunks dry with a paper towel.
4. Heat the olive oil in a large stew skillet or skillet.
5. Add the pork and onions, and cook for 8–10 minutes, stirring frequently. Add the bay leaves, sea salt, freshly ground pepper, and reserved liquid. Cover and simmer on low for 2 h. Remove the lid, take out

the bay leaves, simmer an additional 15 minutes to thicken the sauce, and serve.

## **176. Pork Fillet with Spinach and Mozzarella**

**Servings:** 4

### **Ingredients:**

2 lb. pork fillet, sliced thinly  
Salt and pepper, to taste  
12 sage leaves, chopped  
2 tbsp. olive oil  
1 tbsp. butter  
3 1/2 oz. spinach  
2 cups tomatoes. chopped  
1 tsp. nutmeg  
2 cups mozzarella, chopped

### **Directions:**

1. Season the pork fillet
2. Add the olive oil and butter.
3. Brown the pork fillets.
4. Add the tomatoes, spinach, and nutmeg.
5. Cook for 10 minutes, stirring occasionally.
6. Spread the mozzarella on top of the pork and vegetables.
7. Cover. Let cook until the mozzarella has melted.  
Serve and enjoy!

## **177. Pork Chops with Summer Veggies and Garlic Tomatoes**

**Servings:** 4

**Ingredients:**

Garlic, to taste  
4 pork chops, boneless  
2 tbsp. olive oil, divided  
1 zucchini, sliced into strips  
1 squash, sliced thinly  
Salt and pepper, to taste  
Cooking spray  
1 cup tomatoes, quarter cut  
3 garlic cloves, thinly sliced  
1/4 tsp. oregano  
1/4 cup feta cheese, crumbled

**Directions:**

1. Rub the garlic salt on the pork chops.
2. Pour half of the olive oil into the oven.
3. Brown the pork chops for 10 minutes.
4. Transfer to a plate.
5. Add the remaining oil into the oven.
6. Cook the zucchini and squash until soft.
7. Season with salt and pepper.
8. Remove from the oven and set aside.
9. Spray the garlic and tomatoes with the cooking spray.
10. Season with the oregano.
11. Put into the oven and cook for 5 minutes.
12. Serve the pork chops with garlic tomatoes, zucchini, and squash. Enjoy!

## **178. Beef Toss**

**Servings:** 4

**Ingredients:**

3 tsp. olive oil, divided  
4 garlic cloves, minced  
1/2 pound lean ground beef

Salt and pepper, to taste  
1 onion, sliced  
1 green pepper, sliced  
2 zucchinis, sliced  
1 tsp. red wine vinegar  
28 oz. diced tomatoes with juice  
1 tsp. dried thyme  
1 tsp. dried basil

**Directions:**

1. Add the olive oil into the oven.
2. Cook the garlic and beef for 5 minutes.
3. Season with salt and pepper.
4. Transfer the mixture to a strainer.
5. Add the onions to the oven.
6. Sauté for 2 minutes.
7. Add the green pepper and zucchinis.
8. Cook for 5 minutes.
9. Add the vinegar, tomatoes, thyme, and basil.
10. Put back the beef mixture.
11. Seal the oven. Turn the setting to manual.
12. Cook on low for 10 minutes. Serve and enjoy!

## **179. Provençal Beef Daube**

**Servings:** 8

**Ingredients:**

2 lb. beef top round roast or chuck roast, cut into 2-inch cubes  
4 tbsp. virgin olive oil  
2 tbsp. brandy  
Kosher salt  
Freshly ground black pepper  
4 carrots, cut into 1/2 inch slices  
2 onions, thinly sliced  
4 oz. button mushrooms, sliced



1 medium head of garlic (about 10 to 12 cloves), separated, peeled, and smashed  
1 orange zest  
2 tomatoes, chopped  
1 bottle dry white wine or dry vermouth  
12 sprigs fresh thyme  
2 bay leaves  
1/2 tsp. black peppercorns

**Directions:**

1. In a large resealable plastic bag, combine beef, 2 tbsp. Oil and brandy. Season with salt and pepper.
2. Seal the bag tightly and refrigerate for 3 h.
3. Preheat the oven to 200 degrees with a rack in the middle of the oven.
4. In a large, heavy-bottom casserole dish over medium-high heat, add oil and heat until shimmering.
5. Add carrots, onions, mushrooms, garlic, orange zest, and 1/2 tsp. Salt, stirring well.
6. Reduce heat to low, cover, and cook 10 minutes or until onions and garlic are softened.
7. Add beef and marinade to the dish. Stir in tomatoes, wine, parsley, thyme, and peppercorns, stirring well to combine.
8. Cover casserole and bake for 5 to 6 hours. Meat should be fork-tender.
9. Season to taste with salt and pepper. Serve immediately.
10. Alternatively, refrigerate the dish overnight. Skim any congealed fat from the top. Reheat and serve.
11. You can also serve over egg noodles.

## **180. Sirloin Ribbons**

**Servings:** 4

**Ingredients:**

1 1/4 lb. sirloin steak, cut into 1/4 inch thick strips  
3 garlic cloves, mashed  
2 tsp. dried oregano  
2 tsp. kosher salt  
1/2 tsp. freshly ground black pepper  
1 tbsp. virgin olive oil  
1 tbsp. red wine vinegar

**Directions:**

1. In an 11-by 7-inch glass baking dish, add the garlic, oregano, salt, pepper, oil, and vinegar, mixing well.
2. Add the steak strips, tossing to coat in the marinade.
3. Cover and refrigerate for about 2 hours.
4. Meanwhile, soak wooden skewers in water for about 30 minutes.
5. Preheat broiler with oven rack 5 inches from the top.
6. Weave steak onto skewers. Arrange skewers on a foil-lined baking sheet with a rack.
7. Broil, turning once, about 3 minutes or until nicely browned.
8. Transfer skewer to plates and serve immediately.  
Enjoy!



## **Pasta**

### **181. Pasta Fazool (Pasta e Fagioli)**

**Servings: 2**

**Ingredients:**

1 tablespoon of olive oil,  
12 ounces of Italian sweet bulk sausage  
1 celery stem, diced  
1/2 yellow onion, chopped  
3/4 cup dry macaroni  
1/4 cup tomato puree  
3 cups chicken broth or more if necessary, divided  
salt and freshly ground black pepper  
1/4 teaspoon of ground red pepper flakes  
1/4 teaspoon dried oregano  
3 cups finely chopped chard  
1 can cannellini (15 oz), drained  
1/4 cup grated Parmigiano-Reggiano cheese

**Directions:**

1. Heat the oil in a frying pan over medium heat. Brown the sausage by cutting it into small pieces, about 5 minutes. Return the heat to medium. Add diced celery and chopped onion. Bake until the onions are transparent, 4 to 5 minutes. Add the dry pasta. Boil and stir for 2 minutes.
2. Stir the tomato puree until smooth, 2 to 3 minutes. Add 3 cups of broth.
3. Season with salt, black pepper, pepper flakes, and oregano.
4. Lower heat once soup comes to a boil, then let it simmer for about 5 minutes, often stirring. Check the consistency of the soup and add stock if necessary.
5. Place the chopped chard in a bowl and soak with cold water to rinse the leaves; some grain will fall to the bowl's bottom. Put the chard in a colander to drain briefly; add to the soup. Boil and stir until the leaves fade, 2 to 3 minutes.

6. Stir in the white beans; keep cooking, stir until the pasta is cooked, 4 or 5 minutes. Getaway from heat and stir in the grated cheese. Serve garnished with grated cheese, if desired.

## **182. Pasta Orecchiette Pasta**

**Servings: 2**

### **Ingredients:**

2 tablespoons olive oil  
1/2 onion, salt, diced to taste  
8 grams of spicy Italian sausage  
3 1/2 cups low-sodium chicken broth, divided  
1 1/4 cup orecchiette pasta  
1/2 cup of arugula  
1/4 cup finely grated Parmigiano-Reggiano cheese

### **Directions:**

1. Put the olive oil in a frying pan over medium heat. Cook and stir the onion with a pinch of salt in hot oil until the onion is soft and golden brown, 5 to 7 minutes. Stir the sausages with onions; cook and stir until the sausages are golden brown, 5 to 7 minutes.
2. Pour 1 1/2 cup chicken stock into the sausage mixture and bring to a boil. Add the pasta to the orecchiette; boil and mix the pasta in a warm broth, add the remaining broth when the liquid is absorbed until the pasta is well cooked, and most broth absorbed about 15 minutes.
3. Spread the pasta in bowls and sprinkle with Parmigiano- Reggiano cheese.

## **183. Shrimp Scampi with Pasta**

**Servings: 6**

**Ingredients:**

1 pack of linguine (16 oz)  
2 tablespoons butter  
2 tablespoons extra virgin olive oil  
2 chopped shallots  
2 cloves of chopped garlic  
1 pinch of red pepper flakes  
1 pound of shrimp, peeled and thawed  
1 pinch of kosher salt and pepper  
1/2 cup of dry white wine  
1 lemon, juiced  
2 tablespoons butter  
2 tablespoons extra virgin olive oil  
1/4 cup fresh parsley leaves  
1 teaspoon extra virgin olive oil

**Directions:**

1. Boil water; add linguine in boiling water for 6 to 8 minutes until soft. Drain.
2. Melt 2 tbsp of butter in a large frying pan followed by 2 tablespoons of olive oil over medium-high heat. Lightly fry the shallots, garlic, and red pepper flakes in the hot butter and oil until the shallots are transparent, 3 to 4 minutes. Season the shrimp with kosher salt and black pepper; Add to the pan and cook until pink, occasionally stirring, 2 to 3 minutes. Getaway the shrimp from the skillet and keep them warm.
3. Pour the white wine and lemon juice into the pan and bring to a boil. Melt 2 tablespoons of butter in a pan, mix 2 tablespoons of olive oil and let it simmer. Mix the linguine, shrimp, and parsley in the butter mixture until everything is well covered; Season with salt and black pepper. Sprinkle with 1 teaspoon of olive oil to serve.

## **184. Pasta Salad with Chicken Club**

**Servings:** 6

### **Ingredients:**

8 oz corkscrew pasta  
3/4 cup Italian dressing  
1/4 cup mayonnaise  
2 cups roasted chicken cooked and minced  
12 slices of crispy cooked bacon, crumbled  
1 cup diced Münster cheese  
1 cup chopped celery  
1 cup chopped green pepper  
8 oz. Cherry tomatoes halved  
1 avocado - peeled, seeded, and chopped

### **Directions:**

1. Bring a pan of water to boil. Boil the pasta, occasionally stirring until well-cooked, but firm, 10 to 12 minutes. Drain and rinse with cold water.
2. Beat the Italian dressing and mayonnaise in a large bowl. Stir the pasta, chicken, bacon, Münster cheese, celery, green pepper, cherry tomatoes, and avocado through the vinaigrette until everything is well mixed.

## **185. Sausage Pasta**

**Servings:** 6

### **Ingredients:**

3/4 pound of pasta  
1 tablespoon of olive oil  
Spicy Italian sausage of 1 pound  
1 onion, minced

4 cloves of chopped garlic  
1 canned chicken broth  
1 teaspoon dried basil  
1 can diced tomatoes  
1 pack (10 oz) of frozen chopped spinach  
1/2 cup of grated Parmesan cheese

**Directions:**

1. Boil lightly salted water in a large pot, then add pasta and cook until al dente; (8-10 minutes)
2. Drain and set aside.
3. Heat oil and sausage in a large skillet; cook until pink. Add onion and garlic to the skillet during the last 5 minutes of cooking. Add the stock, basil, and tomatoes with the liquid.
4. Simmer over medium heat for 5 minutes to reduce slightly. Add the chopped spinach; cover the pan and simmer over low heat until the spinach is soft.
5. Add pasta and mix. Sprinkle with cheese and serve immediately.

## **186. Pomodoro Pasta**

**Servings:** 4

**Ingredients:**

1 pack of 16 angel hair pasta  
1/4 cup of olive oil  
1/2 onion, minced  
4 cloves of chopped garlic  
2 cups of Roma tomatoes, diced  
2 tablespoons balsamic vinegar  
1 low-sodium chicken broth  
ground red pepper  
freshly ground black pepper to taste  
1/4 cup grated Parmesan cheese



2 tablespoons chopped fresh basil

**Directions:**

1. Boil water. Cook pasta for 9 minutes; drain.
2. Put the olive oil into a large deep pan over high heat. Fry onions and garlic until light brown. Lower the heat to medium and add tomatoes, vinegar, and chicken stock; simmer for about 8 minutes.
3. Stir in the red pepper, black pepper, basil, and cooked pasta and mix well with the sauce. Simmer for about 5 minutes and serve garnished with grated cheese.

## **187. Tomato Cream Sauce**

**Servings:** 5

**Ingredients:**

2 tablespoons olive oil  
1 onion, diced, 1 clove of garlic  
1 can diced Italian tomatoes, not drained  
1 tablespoon dried basil leaves  
3/4 teaspoon white sugar  
1/4 teaspoon dried oregano  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1/2 cup heavy cream  
1 tablespoon butter

**Directions:**

1. Fry onion and garlic.
2. Add tomatoes, basil, sugar, oregano, salt, and pepper. Cook for 5 minutes or until most of the liquid has evaporated.
3. Remove from the heat; Stir in whipped cream and butter. Reduce the heat and simmer for another 5

minutes.

## **188. Fra Diavolo Pasta Sauce**

**Servings:** 8

### **Ingredients:**

4 tablespoons olive oil, divided  
6 cloves of garlic, crushed  
3 cups peeled whole tomatoes with liquid, chopped  
1 1/2 teaspoon of salt  
1 teaspoon crushed red pepper flakes  
1 packet of linguine pasta  
8 grams of small shrimp, peeled  
8 grams of bay scallops  
1 tablespoon of chopped fresh parsley

### **Directions:**

1. Heat 2 tablespoons of olive oil and sauté garlic over medium heat. When the garlic starts to sizzle, pour in the tomatoes. Season with salt and red pepper. Bring to boil. Reduce the heat and simmer for 30 minutes, stirring occasionally.
2. Meanwhile, boil a large pan with lightly salted water. Cook pasta for about 8 to 10 minutes or until al dente; drain.
3. Heat the remaining 2 tablespoons of olive oil in a large frying pan over high heat. Add shrimps and scallops. Cook for about 2 minutes, stirring regularly, or until the shrimp turn pink. Add the shrimp and scallops to the tomato mixture and stir in the parsley. Bake for 3 to 4 minutes, or until the sauce starts to bubble. Serve the sauce on the pasta.

## **189. Ranch Bacon Pasta Salad**

**Servings:** 10

**Ingredients:**

1 (12 oz.) package of uncooked tri-color rotini  
10 slices of bacon  
1 cup mayonnaise  
3 tablespoons dry ranch dressing powder  
1/4 teaspoon of garlic powder  
1/2 teaspoon of garlic pepper  
1/2 cup of milk  
1 large tomato, minced  
1 can of sliced black olives (4.25 oz)  
1 cup grated cheddar cheese

**Directions:**

1. Bring a large pot of lightly salted water to a boil; cook the rotini until tender, but firm, about 8 minutes; drain.
2. Place the bacon in a frying pan over medium heat and cook until evenly browned. Drain and chop.
3. Combine mayonnaise, ranch dressing, garlic powder, and garlic pepper in a large bowl. Stir the milk until smooth.
4. Put the rotini, bacon, tomatoes, black olives, and cheese in a bowl and mix to cover with vinaigrette. Put in the fridge for 1 h.

## **190. Alfredo Peppered Shrimp**

**Servings:** 6

**Ingredients:**

12 kg penne  
1/4 cup butter  
2 tablespoons extra virgin olive oil  
1 onion, diced

2 cloves of chopped garlic  
1 red pepper, diced  
1/2 kg portobello mushrooms, cubed  
1 pound shrimp, peeled and thawed  
1 jar of Alfredo sauce  
1/2 cup of grated Romano cheese  
1/2 cup of cream  
1/4 cup chopped parsley  
1 teaspoon cayenne pepper  
salt and pepper to taste

**Directions:**

1. Bring a large pot of lightly salted water to a boil. Put the pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Meanwhile, melt the butter and olive oil in a pan over medium heat. Stir in the onion and cook until soft and translucent, about 2 minutes. Stir in garlic, red pepper, and mushrooms; cook over medium heat until soft, about 2 minutes longer.
3. Stir in the shrimp and fry until firm and pink, then add Alfredo sauce, Romano cheese, and cream; bring to a boil, constantly stirring until thick, about 5 minutes. Season with cayenne pepper, salt, and pepper to taste. Add the drained pasta to the sauce and sprinkle with chopped parsley.

## **191. Bow Ties with Sausages, Tomatoes, & Cream**

**Servings:** 6

**Ingredients:**

1 package of bowtie pasta  
2 tablespoons of olive oil  
1 pound of sweet Italian sausages, crumbled

1/2 teaspoon of red pepper flakes  
1/2 cup diced onion  
3 finely chopped garlic cloves  
1 can of Italian tomatoes, drained and roughly chopped  
1 1/2 cup whipped cream  
1/2 teaspoon salt  
3 tablespoons fresh parsley

**Directions:**

1. Bring a large pot of lightly salted water to a boil. Cook the pasta for 8 to 10 minutes in boiling water or until al dente; drain.
2. Heat the oil in a deep frying pan over medium heat. Cook the sausages and chili flakes until the sausages are golden brown.
3. Cook until the onion is soft. Stir in the tomatoes, cream, and salt. Simmer until thickened, 8 to 10 minutes.
4. Add the pasta cooked in the sauce and heat. Sprinkle with parsley.

## **192. Penne with Spicy Vodka Tomato Cream Sauce**

**Servings:** 8

**Ingredients:**

1 pound uncooked penne  
1/4 cup extra virgin olive oil  
4 cloves finely chopped garlic  
1/2 teaspoon crushed red pepper flakes  
1 can of crushed tomatoes  
3/4 teaspoon of salt  
2 tablespoons of vodka  
1/2 cup thick whipped cream  
1/4 cup chopped fresh parsley

2 (3.5 ounces) sweet Italian sausage links

**Directions:**

1. Boil water. Put the pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat the oil in a large frying pan over medium heat. Remove the casing from the sausage and add it to the pan. Cook by browning the meat, add garlic and red pepper, and cook, stirring until the garlic is golden brown.
3. Add tomatoes and salt; boil.
4. Add vodka and cream and bring to a boil. Reduce the heat and add the pasta, mix for 1 minute. Stir in the fresh parsley and serve!

## **193. Pesto with Basil and Spinach**

**Servings:** 24

**Ingredients:**

1 1/2 cup small spinach leaves  
3/4 cup fresh basil leaves  
1/2 cup grilled pine nuts  
1/2 cup grated Parmesan cheese  
4 cloves of garlic, peeled and quartered  
3/4 teaspoon of kosher salt  
1/2 teaspoon freshly ground black pepper  
1 tablespoon fresh lemon juice  
1/2 teaspoon lemon zest  
1/2 cup extra virgin olive oil

**Directions:**

1. Mix spinach, basil, pine nuts, Parmesan, garlic, salt, pepper, lemon juice, lemon zest, and 2 tablespoons of olive oil in a food processor until smooth.
2. Sprinkle the remaining olive oil into the mixture.

# 194. Milanese Chicken

**Servings:** 4

**Ingredients:**

½ cup of sun-dried tomatoes, minced 1 cup of chicken broth,  
divided 1 cup thick cream  
pound skinless and skinless chicken fillet 1 tablespoon butter  
cloves of garlic, minced  
2 tablespoons chopped fresh basil 8 grams of dry fettuccine  
salt and pepper to taste  
2 tablespoons vegetable oil

**Directions:**

1. Season with garlic and allow to simmer for 30 seconds. Add tomatoes and ¾ cup chicken broth, and keep heating on medium heat. Once the liquid starts to boil, reduce the heat and simmer for about 10 minutes without a lid or until the tomatoes are soft.
2. Add the cream and keep simmering until the sauce thickens.
3. Season with salt and pepper the chicken on both sides. Heat oil in a large frying pan over medium-high heat and fry the chicken. Press the chicken occasionally with a slotted spatula. Bake for about 4 minutes per side. Set aside, cover, and keep warm. Discard the fat from the pan.
4. In the same pan, bring to a boil ¼ cup chicken broth over medium heat. Reduce slightly and add to the cream sauce; stir in the basil and adjust the seasonings to taste.
5. Meanwhile, boil a large pan with lightly salted water. Add fettuccine and cook for about 8 to 10 minutes or

until al dente; drain, transfer to a bowl and mix with 3 to 4 tablespoons of sauce.

6. Cut chicken fillet into 4 diagonal slices. Heat the sauce carefully if necessary. Transfer the pasta to serving trays; garnish with chicken and sprinkle with cream sauce to serve.

## **195. One Pan Orecchiette Pasta**

**Servings:** 2

### **Ingredients:**

2 tablespoons olive oil

1/2 onion, diced

salt to taste

8 grams of spicy Italian sausages

3 1/2 cups of low-sodium chicken broth, divided or as required

1 1/4 cup orecchiette pasta

1/2 cup chopped arugula

1/4 cup finely grated Parmigiano-Reggiano cheese

### **Directions:**

1. Heat the olive oil in a deep frying pan over medium heat. Cook and stir the onion with a pinch of salt until soft and golden brown, 5 to 7 minutes. Stir the sausages with onions, 5 to 7 minutes.
2. Pour 1 1/2 cup chicken stock into the sausage mixture and bring to a boil. Add the pasta to the orecchiette; boil and mix the pasta in a warm broth, add the remaining broth when the liquid is absorbed until the pasta is well cooked, and most broth absorbed about 15 minutes.
3. Stir in the sausage mixture. Spread the pasta in bowls and sprinkle with Parmigiano-Reggiano cheese.



# 196. Rustic Pasta

**Servings:** 6

## **Ingredients:**

1 pound of rotini or pasta fusilli  
6 slices of bacon  
1/2 cup of extra virgin olive oil  
2 medium onions, minced  
1 red pepper, minced  
1/4 cup chopped parsley  
4 cloves of garlic, minced  
Salt (optional)  
1/2 tsp of crushed red pepper flakes  
1 can (28 ounces) of yellow tomatoes, unsalted, coarsely chopped  
1/2 cup black or green ripe seedless olives, sliced and drained  
2 tablespoons drained capers  
1/2 teaspoon dried oregano  
1/2 cup grated Parmesan cheese

## **Directions:**

1. Cook the pasta according to the instructions on the package. Meanwhile, fry bacon in a deep frying pan until crispy. Drain the bacon on a paper towel; break into 1/2 inch pieces.
2. Discard the bacon juice from the pan; add the oil. Sauté onions in oil over medium heat for 5 minutes, stirring occasionally.
3. Add pepper, parsley, garlic, and pepper flakes; cook for 2 minutes. Add tomatoes and reserved bacon; simmer 10 minutes, stirring occasionally. Stir olives and oregano; simmer for 2 minutes. Season with salt, if desired.

# 197. Creamy Cajun Chicken Pasta

**Servings:** 2

## **Ingredients:**

4 oz linguine  
2 boneless chicken fillets, skinless, cut into thin strips  
2 teaspoons Cajun herbs  
2 tablespoons butter  
1 green pepper, minced  
½ red pepper, minced  
4 fresh chopped mushrooms  
1 chopped green onion  
1 ½ cups thick cream  
¼ teaspoon dried basil  
¼ teaspoon lemon pepper  
¼ teaspoon salt  
1 teaspoon garlic powder  
⅛ teaspoon ground black pepper  
2 tablespoons grated Parmesan cheese

## **Directions:**

1. Bring a large pot of lightly salted water to a boil. Add linguine and cook for 8 to 10 minutes or until al dente; drain.
2. In the meantime, put the chicken and Cajun herbs in a bowl and mix to coat.
3. Bake chicken in butter in a large frying pan over medium heat for 5 to 7 minutes. Add green and red peppers, chopped mushrooms, and green onions; cook 2 to 3 minutes. Reduce the heat and stir in the whipped cream. Season the sauce with basil, lemon pepper, salt, garlic powder, and ground black pepper and heat.

4. Mix the linguini with the sauce in a large bowl.  
Sprinkle with grated Parmesan cheese.



## **Bread and Pizza**

### **198. Bread Machine Pizza Dough**

**Servings: 6**

**Ingredients:**

1 cup of beer  
2 tablespoons butter  
2 tablespoons sugar  
1 teaspoon of salt  
2 1/2 cups of all-purpose flour  
2 1/4 teaspoons of yeast

**Directions:**

1. Place beer, butter, sugar, salt, flour, and yeast in a bread maker in the order recommended by the manufacturer. Select the Paste setting and press Start.
2. Remove the dough from the bread maker once the cycle is complete. Roll or press the dough to cover a prepared pizza dish. Brush lightly with olive oil. Cover and let stand for 15 minutes.
3. Preheat the oven to 250 degrees (400 degrees F).
4. Spread the sauce and garnish on the dough. Bake until the crust is a little brown and crispy on the outside, about 24 minutes.

## **199. Grilling Dough**

**Servings:** 12

**Ingredients:**

1/2 teaspoon of salt  
2 cups of flour  
1/2 teaspoon white sugar  
1 packet (0.25 oz) active dry yeast  
1 tablespoon olive oil  
2 tablespoons cornmeal for dusting  
3/4 cup of hot water

**Directions:**

1. Mix yeast in hot water.
2. Put the flour, salt, sugar, and oil in a separate bowl. Make a well in the middle and place the yeast /warm water mixture. Mix well until you have an elastic ball. Let rise for 1 1/2 hours.
3. Flour the surface and divide 1/2 dough. Rub with cornmeal. Sprinkle with your favorite fillings.
4. Spray the grill with a cooking spray. Grill the dough for about 5 minutes or until the toppings are melted. Repeat this with the second piece of dough.

## **200. Pizza Crust**

**Servings:** 15

### **Ingredients:**

7/8 cup warm water  
3/4 teaspoon salt  
2 tablespoons olive oil  
2 1/2 cups all-purpose flour  
2 teaspoons white sugar  
2 teaspoons active dry yeast

### **Directions:**

1. Set the bread machine to adjust the dough and start the machine.
2. Tap the dough into a rolling pan or a 12-inch greased round pizza pan. Let stand for 10 minutes. Preheat the oven to 205° C (400° F). Spread the pizza sauce on the dough. Sprinkle the toppings over the sauce. Bake for 15-20 minutes, or until the crust is golden brown.

## **201. Dill & Parmesan Flatbread**

**Servings:** 12

**Ingredients:**

2 cups of garbanzo flour  
3 tablespoons freshly grated Parmesan cheese  
2 teaspoons dill  
1 teaspoon salt  
freshly ground black pepper to taste  
2 cups of water, divided  
1/4 cup of olive oil, divided

**Directions:**

1. Combine flour, parmesan, dill, salt, and black pepper in a bowl. Stir in 3 tablespoons of olive oil.
2. Preheat the oven to 250 degrees (400 degrees F). Grease a large pizza dish with the rest of the olive oil.
3. Mix 1/2 cup of the remaining water in the dough, not on the prepared pizza pan.
4. Bake until the top is golden brown, about 10 minutes.

## **202. Pizza Buns**

**Servings:** 8

**Ingredients:**

8 hamburger buns, divided  
1 pound ground beef  
1/3 cup onion, minced  
1 (15 oz) jar pizza sauce  
1/3 cup grated Parmesan cheese  
2 1/4 teaspoon Italian herbs  
1 teaspoon garlic powder  
1/4 cup Onion powder  
1/8 teaspoon ground crushed red pepper flakes  
1 teaspoon bell pepper

2 cups grated mozzarella cheese

**Directions:**

1. Place the oven rack about 6 centimeters from the heat source.
2. Place the buns on a baking sheet. Grill for about 1 minute until they are toasted. Set aside.
3. Set the oven to 350 degrees F (175 degrees C).
4. In a frying skillet over medium heat, cook and mix the minced beef until it is golden and crumbly, about 10 minutes. Drain the excess fat and stir in the onion. Cook and mix the beef mixture until the onion is transparent, about 5 minutes longer, then add the pizza sauce, parmesan cheese, Italian herbs, garlic powder, onion powder, ground red pepper flakes bell pepper.
5. Bring the sauce to a boil and simmer for 10 to 15 minutes to mix the flavors, stirring often.
6. Pour the beef sauce over the baking sheet and cover each loaf with about 1/4 cup grated mozzarella cheese. Put the rolls back in the oven and bake for about 10 minutes, until the cheese is bubbling and light brown.

## **203. Brick Oven Pizza (Brooklyn Style)**

**Servings:** 18

**Ingredients:**

1 teaspoon of active dry yeast  
1/4 cup of warm water  
1 cup of cold water  
1 teaspoon of salt  
3 cups of bread flour  
6 oz low-mozzarella cheese, minced  
1/2 cup of crushed canned tomatoes without salt



1/4 tsp of fresh pepper  
1/2 teaspoon dried oregano  
3 tablespoons extra virgin olive oil  
6 fresh basil leaves, torn

**Directions:**

1. Scatter the yeast over the warm water in a large bowl. Let stand for 5 minutes to check. Stir in salt and cold water, and then add about 1 cup of flour at a time. When the dough is thick enough to be removed from the bowl, knead it on a floured surface until smooth, about 10 minutes.
2. Divide it in two and form a tight ball. Coat the balls with olive oil and leave them in a sealed container for at least 16 hours. Remove the dough from the fridge one hour before use.
3. Preheat the oven with a pizza stone on the lowest rack at 550 degrees F. Lightly dust a pizza skin with flour.
4. Use a dough ball at a time, sprinkle the dough lightly with flour, and gradually stretch it until it is approximately 14 inches in diameter, about the pizza stone's size. Place on the floured tin.
5. Place thin slices of mozzarella on the crust and then chop a generous amount of black pepper. Sprinkle with dried oregano. Arrange the crushed tomatoes randomly and leave empty areas. Sprinkle with olive oil.
6. Make sure the dough comes off the skin with a quick jerk. Place the skin's tip on the back of the preheated pizza stone and remove it to leave the pizza on the stone.
7. Bake in the preheated oven for 4 to 6 minutes or until the crust starts to brown. Remove from the oven by sliding the skin under the pizza. Randomly

sprinkle some basil leaves on the pizza. Cut into segments and serve.

## **204. Valentine Pizza**

**Servings:** 12

### **Ingredients:**

3 cups of bread flour  
1 (0.25 oz) active dry yeast cover  
1 1/4 cup of warm water  
3 tablespoons chopped fresh rosemary  
3 tablespoons extra virgin olive oil, divided  
1 can of pizza sauce (14 oz)  
3 cups grated mozzarella cheese  
2 ripe tomatoes  
15 slices of vegetarian pepperoni  
1 can (2.25 oz) sliced black olives, sliced  
1 zucchini, sliced

### **Directions:**

1. Place the bread flour, yeast, water, and 2 tablespoons of olive oil in the bread maker in the order recommended by the manufacturer. Select the Paste setting. Press Start. When the dough is ready, knead the rosemary into the dough.
2. Divide the dough into three servings. Shape each heart-shaped piece about 1/2 inch thick. Brush with remaining olive oil, then spread a thin layer of pizza sauce on each pizza. Sprinkle cheese over pizza sauce and arrange on top with tomatoes, zucchini, pepperoni, and sliced olives.
3. Bake for about 15 to 20 minutes.

## **205. Pizza Muffins**

**Servings:** 12

**Ingredients:**

2 1/2 cups flour  
1/2 teaspoon baking powder  
1/2 teaspoon dried oregano  
2 tablespoons white sugar  
1/2 teaspoon salt  
1 teaspoon dried basil leaves  
3 sun-dried tomatoes  
2 1/2 cups of cheddar cheese, grated, divided  
4 green onions, minced  
1 beaten egg  
1 1/2 cup buttermilk

**Directions:**

1. Preheat the oven to 190° C. Grease the muffin cups or double them with muffin paper.
2. Combine flour baking powder, baking powder, salt, basil, oregano, and sugar in a large bowl in a large bowl. Stir until everything is well mixed. Mix tomatoes, 1.5 cups of cheese, and onions. In another bowl, whisk the egg, pick up buttermilk and stir until smooth. Place the dough halfway in the muffin pans. Sprinkle the remaining cup of cheese over the muffins.
3. Bake in the preheated oven for 15 to 20 minutes until a toothpick in the middle of the muffin comes out clean.

## **206. Pita Pizza**

**Servings:** 12

**Ingredients:**

6 pita bread  
1 can of tomato sauce  
One can (4 grams) sliced black olives, drained  
1 ounce diced bell pepper, drained  
2 small tomatoes, minced  
4 oz grated mozzarella cheese  
4 grams of blue cheese, crumbled  
1 pinch of dried basil  
1 pinch of dried oregano  
1 pinch of coriander crushed

**Directions:**

1. Preheat the oven to 220° C.
2. Heat the pita bread for 1 minute or until soft in the preheated oven or microwave. Slightly spread the tomato sauce and press flat while spreading. Sprinkle with black olives, chili peppers, tomatoes, mozzarella, blue cheese, basil, oregano, and coriander.
3. Spread the pita bread on a large baking sheet and place in the preheated oven for 8 minutes or until the pita bread has reached the desired crispiness. Serve whole or in slices.

## **207. Pub Pizza**

**Servings:** 1

**Ingredients:**

1 small (4 inches) pita bread  
1/4 cup pizza sauce  
4 slices cooked ham  
1/4 cup pineapple chunks, drained  
4 slices Monterey Jack cheese

**Directions:**

1. Preheat the oven to 250 degrees (400 degrees F).
2. Place the pita bread on a small baking sheet. Cover with pizza sauce, ham, and pieces of pineapple garnish with Monterey Jack cheese.
3. Bake in the preheated oven for 12 to 15 minutes, until cheese is melted and light brown.

## **208. Alfredo Chicken Pita Pizza**

**Servings:** 4

### **Ingredients:**

olive oil, divided  
6 small frozen chicken fillets, thawed and sliced  
1 pinch of salt with garlic or to taste  
1/4 cup of garlic hummus  
4 pita bread  
4 teaspoons of basil pesto  
1/2 cup of prepared Alfredo sauce  
1 cup of freshly chopped spinach leaves  
1 jar of marinated artichoke hearts  
3/4 cup mozzarella cheese  
3/4 cup crumbled feta cheese  
1/2 cup grated Parmesan cheese  
1/2 cup sliced fresh mushrooms

### **Directions:**

1. Preheat the oven to 175 degrees (350° F).
2. Heat 1 tablespoon of olive oil in a frying pan over medium-high heat. Season the chicken with garlic salt; cook and stir the hot oil until it is no longer pink in the middle, in 5 minutes. Set aside to cool.
3. Spread 1 tablespoon of hummus on one side of each pita bread almost to the edges. Cover with layers of pesto and alfredo sauce. Sprinkle a layer of chopped spinach on the Alfredo sauce; garnish with equal

Servings of chicken, artichoke hearts, feta cheese, mozzarella, parmesan cheese, and mushrooms. Sprinkle the pizzas with the remaining olive oil.

4. Bake for 15 min.

## **209. Miniature Pizzas**

**Servings:** 20

**Ingredients:**

1 pound ground beef  
1 pound of fresh minced pork sausage  
1 chopped onion  
10 grams of processed American cheese, diced  
32 grams of cocktail rye bread

**Directions:**

1. Preheat the oven to 175 degrees (350° F).
2. Brown ground beef and sausages.
3. Mix the onion in the sausage and beef mixture and cook until done. Pour the fat from the pan. Add the melted cheese to the mixture. Keep cooking until the cheese has melted.
4. Place spoons full of the mixture on each slice of bread.
5. Bake 12 to 15 minutes.

## **210. Easy Pizza with a Pinch**

**Servings:** 8

**Ingredients:**

8 hot dog buns  
2 cups of tomato sauce  
3 teaspoons of minced garlic  
3 teaspoons dried Italian herbs

1 tbsp. Sweet pepper  
1 tbsp. Kosher salt  
1 teaspoon ground black pepper  
1 pound of sweet Italian sausages  
2 tablespoons extra virgin olive oil  
1 cup of grated mozzarella cheese  
1/2 cup grated Parmesan cheese  
fresh oregano sprigs (optional)  
Ground red pepper (optional)

**Directions:**

1. To make the sauce, mix tomato sauce, garlic, pepper, salt, and pepper in a pan over medium heat.
2. When the sauce is bubbling, place on low heat and stir. Cover and simmer for 15 minutes on low heat.
3. Crumble the Italian sausages in a pan and cook them over medium heat until they are no longer pink about 15 minutes. Drain on kitchen paper. Set aside.
4. Preheat the oven to 400 degrees F.
5. Combine olive oil, garlic, and 1 teaspoon in a small bowl.
6. Put the hot dog bun on baking trays with aluminum foil.
7. Cover the buns with the olive oil mixture. Grill for about 5 minutes, until the edges start to brown.
8. Remove the pan from the oven and brush each sandwich with hot tomato sauce.
9. Garnish with golden Italian sausages, sliced pepperoni, mozzarella, and parmesan cheese.
10. Put the pan in the oven and bake for 5 to 10 minutes, at 400° F, or until the cheese is bubbling.
11. Serve garnished with fresh oregano leaves and chopped red pepper, if desired.

## 211. Pesto Pita Pizza

**Servings:** 4

**Ingredients:**

4 pita bread rounds

1/2 cup pesto

2 tomatoes, sliced

1 (4 oz) container crumbled feta cheese

**Directions:**

1. Preheat oven to 400 degrees. Arrange pita bread on a baking sheet.
2. Bake in the preheated oven until pita is lightly toasted, about 4 minutes.
3. Spread pesto evenly over toasted pita bread and arrange tomato slices in a single layer. Top with feta cheese.
4. Continue baking until feta cheese is browned and pita bread is crisp, about 11 minutes more.

## 212. Veggie Pita Pizza

**Servings:** 1

**Ingredients:**

1 round pita bread

1 teaspoon of olive oil

3 tablespoons of pizza sauce

1/2 cup grated mozzarella cheese

1/4 cup sliced Cremini mushrooms

1/8 teaspoon salt with garlic

**Directions:**



1. Preheat the grill on medium heat.
2. Spread a side of the pita with olive oil and pizza sauce. Garnish with cheese and mushrooms and season with garlic salt.
3. Lightly grease the grill. Place the pita pizza on the grill, cover, and cook until the cheese has completely melted about 5 minutes.

## **213. Mini Pizzas with Arugula & Hummus**

**Servings:** 1

**Ingredients:**

2 tablespoons hummus  
1 naan bread  
1 cup of arugula  
1 date, pitted and chopped  
2 teaspoons pumpkin seeds  
1 teaspoon balsamic vinegar

**Directions:**

1. Spread the hummus on naan bread; garnish with arugula, date, and pumpkin seeds.
2. Sprinkle balsamic vinegar on pizza.

## **214. Grilled Buffalo Chicken Pizza**

**Servings:** 2

**Ingredients:**

boneless chicken fillet 2 pinches of steak herbs  
tablespoons hot pepper sauce 2 pieces of naan tandoori  
bread 1 teaspoon of olive oil  
½ cup of blue cheese dressing 2 tablespoons diced red onion  
8 grams of grated cheddar cheese  
½ cup of grated iceberg lettuce

1 Roma tomato, seeded and minced

**Directions:**

1. Season the chicken fillet with Montreal Steak Seasoning. 1/3 cup of hot pepper sauce into the bag. Close the bag and rub the hot sauce into the chicken. Place the bag in the refrigerator and marinate for 12 hours.
2. Preheat an outside grill over medium heat and lightly oil the grill.
3. Discard the marinade. Cook the chicken on the preheated grill until it is no longer pink in the middle and the juice is clear, 5 to 7 minutes on each side. An instant-read thermometer in the center must indicate at least 165° F (74° C). Put the chicken on a cutting board and let it sit for 5 to 10 minutes.
4. Cut the chilled chicken into bite-sized pieces. Mix chicken and remaining hot sauce in a bowl.
5. Brush every naan with olive oil; bake on the grill until golden brown and grilled on one side for 3 to 5 minutes. Reduce the heat to low and medium and place the pieces of toasted bread on a baking sheet. Spread blue cheese vinaigrette on the grilled side of each naan. Garnish each with diced chicken and red onion. Sprinkle with cheddar cheese. Place the Naan on the grill and cook until the cheese has melted and the bottom is grilled and golden brown, another 5 to 10 minutes. Remove from the grill, cut into pieces and garnish with lettuce and tomato.

## **215. Reuben Pizza**

**Servings:** 8

**Ingredients:**

1 frozen wholemeal bread, thawed  
1/2 cup thousand island vinaigrette

2 cups of grated Swiss cheese  
6 grams of salted beef, sliced  
1 cup sauerkraut, rinsed and drained  
1/2 teaspoon cumin seeds  
1/4 cup chopped dill pickles (optional)

**Directions:**

1. Preheat the oven to 190° degrees. Oil a large pizza dish. Roll bread dough on a lightly floured surface into a large circle about 14 inches in diameter. Transfer to the prepared pizza dish. Build the edges and pierce the center with a fork to not form a dome during cooking.
2. Bake in the preheated oven for 30 min or until golden brown.
3. Spread half the vinaigrette over the hot crust. Sprinkle with half the Swiss cheese. Place the corned beef on the cheese and pour the rest of the vinaigrette. Cover with sauerkraut and remaining Swiss cheese. Sprinkle with cumin seeds. Bake for another 10 min in the preheated oven until the cheese has melted and the toppings are well heated. Sprinkle with chopped pickle. Let stand for 5 minutes before cutting.

## **216. White Pizza**

**Servings:** 8

**Ingredients:**

1 (12-inch) pre-baked thin pizza crust  
2 tablespoons extra-virgin olive oil, divided  
3 cups shredded mozzarella cheese  
8 cloves garlic, quartered

**Directions:**

1. Preheat the oven to 230° C.
2. Place the pizza on a baking tin and pour 1 spoonful of olive oil in. Add the mozzarella cheese over the crust evenly, and garnish with garlic pieces.
3. Bake in the preheated oven until cheese bubbles and turns brown for about 15 minutes. Sprinkle with a little more olive oil and cut into quarters to serve.



## **Dessert**

### **217. Banana Strawberry Popsicles**

**Servings: 8**

**Ingredients:**

½ cup Greek yogurt Banana, peeled and sliced 1 ¼ cup fresh strawberries  
¼ cup of water

**Directions:**

1. Blend all the ingredients until smooth.
2. Put blended mixture into the popsicle molds and place in the refrigerator for 4 hours or until set.
3. Serve and enjoy.

## **218. Chocolate Mousse**

**Servings:** 4

**Ingredients:**

oz unsweetened dark chocolate, grated  
½ tsp vanilla tbsp honey  
cups Greek yogurt  
¾ cup unsweetened almond milk

**Directions:**

1. Add chocolate and almond milk in a saucepan and heat over medium heat until just chocolate melted. Do not boil.
2. Once the chocolate and almond milk are combined, then add vanilla and honey and stir well.
3. Add yogurt to a large mixing bowl.
4. Pour the chocolate mixture on top of yogurt and mix until well combined.
5. Pour chocolate yogurt mixture into the serving bowls and place in the refrigerator for 2 hours.
6. Top with fresh raspberries and serve.

## **219. Creamy Yogurt Banana Bowls**

**Servings:** 4

**Ingredients:**

2 bananas, sliced

½ tsp ground nutmeg 3 tbsp flaxseed meal

¼ cup creamy peanut butter 4 cups Greek yogurt

**Directions:**

1. Divide Greek yogurt between 4 serving bowls and top with sliced bananas.
2. Add peanut butter in a microwave-safe bowl and microwave for 30 seconds.
3. Drizzle 1 tablespoon of melted peanut butter on each bowl on top of the sliced bananas.
4. Sprinkle cinnamon and flax meal on top and serve.

## 220. Chocolate Baklava

**Servings:** 24

**Ingredients:**

24 sheets (14 x 9-inch) frozen whole-wheat phyllo (fillo) dough, thawed

1/8 teaspoon salt

1/3 cup toasted walnuts, chopped coarsely

1/3 cup almonds, blanched toasted, chopped coarsely 1/2 teaspoon ground cinnamon

1/2 cup water

1/2 cup hazelnuts, toasted, chopped coarsely 1/2 cup pistachios, roasted, chopped coarsely 3/4 cup honey

1/2 cup of butter, melted piece (3-inch) cinnamon stick Cooking spray

**Directions:**

1. Into a medium-sized saucepan, combine the water, honey, and the cinnamon stick; stir until the honey is dissolved. Increase the heat/flame to medium;

continue cooking for about 10 minutes without stirring. A candy thermometer should read 230F. Remove and discard the cinnamon stick.

2. Preheat the oven to 350F. Put the chocolate-hazelnut spread into a microwavable bowl; microwave the spread for about 30 seconds on HIGH or until the spread is melted.
3. In a bowl, combine the hazelnuts, pistachios, almonds, walnuts, ground cinnamon, and salt.
4. Lightly grease with the cooking spray a 9x13-inch ceramic or glass baking dish.
5. Put 1 sheet lengthwise into the prepared baking dish's bottom, extending the sheet's ends over the dish's edges. Lightly brush the sheet with the butter. Repeat the process with 5 sheets of phyllo and a light brush of butter. Drizzle 1/3 cup of the melted chocolate-hazelnut spread over the buttered phyllo sheets. Sprinkle about 1/3 of the nut mixture (1/2 cup) over the spread. Repeat the process, layering the phyllo sheet, butter brush, spread, and nut mixture. For the last nut mixture top layer, top with 6 phyllo sheets, pressing each phyllo gently into the dish and brushing each sheet with butter.
6. Slice the layers into 24 portions by making 3 cuts lengthwise and then 5 cuts crosswise with a sharp knife; bake for about 35 minutes at 350F or until the phyllo sheets are golden. Drizzle the honey sauce over the baklava. Place the dish on a wire rack and let cool. Cover and store the baklavas at average room temperature if not serving right away.

## **221. Orange-Glazed Fruit and Ouzo Whipped Cream**

**Servings:** 4



**Ingredients:**

For the syrup:

3 cups fruit (such as tangerine wedges, quartered apricots or plums, or strips of mango)

Tablespoon olive oil spread/butter divided, melted Chopped almonds, optional (or pistachios)

For the ouzo whipped cream:

1 teaspoon sugar

1 teaspoon ouzo liqueur (anise-flavored), orange juice, orange liqueur, or several drops of anise extract

1/2 cup whipping cream

For the sauce:

Tablespoons sugar Tablespoons honey 1/4 cup orange juice

**Directions:**

For the syrup:

1. Mix the syrup ingredients inside a small-sized saucepan. Simmer the mixture, without cover, for 10 minutes and set aside.
2. For the ouzo whipped cream:
3. In a medium-sized chilled bowl, beat the ouzo whipped cream ingredients using an electric mixer on medium speed until soft peaks form with the tips curled. Cover and refrigerate for about 30 minutes, to chill.

For the grilled fruit:

1. Toss the melted olive oil butter and the fruit in a mixing bowl. Transfer the fruit into a foil pan (see notes) or grill pan.
2. Put the pan with fruits on the uncovered grill rack over medium coals; grill for about 10-12 minutes, occasionally stirring, until the fruits are heated through.
3. If using a gas grill, first, preheat the grill, then reduce to medium heat. Put the grill rack on the grill rack. Cover the grill and grill for about 10-12

minutes, occasionally stirring, until the fruits are heated through.

4. Divide the fruits between 4 pieces of dessert plates and drizzle with the honey syrup. If desired, sprinkle with the almonds. Serve with the ouzo whipped cream.

## **222. Tiny Orange Cardamom Cookies**

**Servings:** 16

### **Ingredients:**

1/2 cup whole-wheat flour

1/2 cup all-purpose flour

Large egg

1 tablespoon sesame seeds, toasted, optional (salted roasted pistachios, chopped)

1 teaspoon orange zest

1 teaspoon vanilla extract 1/2 cup butter, softened 1/2 cup sugar

1/4 teaspoon ground cardamom

### **Directions:**

1. Preheat the oven to 375F.
2. In a medium bowl, blend the orange zest and the sugar thoroughly, and then blend in the cardamom. Add the butter and with a mixer, beat until the mixture is fluffy and light. Beat in the egg and the vanilla into the mixture. With the mixer on low speed, mix in the flours into the mixture.
3. Line 3 baking sheets with parchment paper. Using a level teaspoon measure, drop the batter of the cookie mixture onto the sheets. Bake for 10-12 minutes or until the cookies are brown at the edges and crisp. When baked, transfer the cookies to a cooling rack and let them cool completely.

## 223. Classic Baklava

**Servings:** 18

### **Ingredients:**

1/2 cup honey

Teaspoon vanilla extract

1 teaspoon ground cinnamon 1 pound nuts, chopped

1 package (16 ounces) phyllo dough 1 cup white sugar

1 cup of water

1 cup butter

### **Directions:**

1. Preheat the oven to 350F or 175C.
2. Butter the sides and the bottom of a 9x13-inch pan.
3. Toss the nuts and the cinnamon together; set aside.
4. Unroll the phyllo dough. Cut the whole stack into half to fit into the pan. Cover the phyllo with a damp cloth as you work to keep them from drying.
5. Place 2 sheets of phyllo into the pan, butter thoroughly. Repeat the process until you have a layer of 8 sheets. Sprinkle about 2 to 3 tablespoons of the nut mixture on top of the phyllo layer. Top the nut layer with 2 phyllo sheets and butter the sheets.
6. With a sharp knife, cut the layers, all the way to the bottom of the pan, into squares; bake for about 50 minutes or until the baklava is crisp and golden.
7. Meanwhile, boil the water and the sugar until the sugar is melted. Add the honey and the vanilla; simmer for about 20 minutes.
8. When the baklava is baked, remove it from the oven and immediately spoon the sauce over; let cool.
9. Serve the baklava slices in cupcake papers.

## **224. Apricots and Mascarpone Cream**

**Servings:** 8

### **Ingredients:**

8 fresh apricots, pitted, halved 4 ounces mascarpone cheese  
3 tablespoons white sugar  
3 tablespoons apricot preserves cup whipping cream  
tablespoons apricot nectar  
1/4 cup honey  
1/2 teaspoon vanilla extract  
1 tablespoon balsamic vinegar  
1 pinch ground cardamom (optional)

### **Directions:**

1. Beat the whipping cream inside a chilled bowl until the whipping cream forms soft peaks. Beat the sugar in; set aside.
2. With an electric mixer with a clean beater, whip the mascarpone cheese until very soft. Beat in the vanilla extract, apricot nectar, and cardamom. Gently fold in the mascarpone mixture into the whipped cream.
3. Place the honey and the apricot preserves into a microwavable bowl; heat in a microwave for about 30 seconds or until warm, but not hot. Stir the balsamic vinegar and mix well.
4. Put all on a serving dish and drizzle the fruit and the plate with the balsamic sauce; serve.

## **225. Minty Orange Greek Yogurt**

**Servings:** 1

### **Ingredients:**

6 tablespoons Greek yogurt, fat-free 4 fresh mint leaves,  
thinly sliced  
large orange, peeled, quartered, and then sliced crosswise  
1/2 teaspoons honey

**Directions:**

1. Stir together the honey and the yogurt.
2. Place the orange slices into a dessert glass. Spoon the honeyed yogurt over the orange slices in the glass and scatter the mint on top of the yogurt.

## **226. Pasta Flora or Greek Tart with Apricot Jam**

**Servings:** 8

**Ingredients:**

300 grams apricot jam 3/4 cup sugar  
280 grams butter, melted  
250 grams whole-wheat flour  
250 grams all-purpose flour  
2 tsp baking powder  
2 eggs

**Directions:**

1. Whisk the butter, the eggs, and the sugar together. Slowly add the flours and the baking powder, making a soft dough. Refrigerate the dough for about 30 minutes to rest.
2. Preheat the oven to 350F or 180C.
3. Butter well a 25-cm diameter tart pan. Roll out 2/3 of the dough into the buttered tart pan, placing around the pan's raised sides and gently pressing to cover and evenly join the base.

4. Roll out the remaining 1/3 dough into the 1/2-cm thickness and then cut into strips.
5. Spread the jam evenly over the dough in the pan and cover the jam with dough strips.
6. Bake the tart for about 45 minutes.

## **227. Frozen Strawberry Greek Yogurt**

**Servings:** 16

### **Ingredients:**

3 cups Greek yogurt, plain, low-fat (2%) 2 teaspoons vanilla  
1/8 teaspoon salt  
1/4 cup freshly squeezed lemon juice cup sugar  
1 cup strawberries, sliced

### **Directions:**

1. In a medium-sized bowl, except for the strawberries, combine the rest of the ingredients, whisking until the mixture is smooth.
2. Transfer the yogurt into a 1 1/2 or 2-quart ice cream maker and freeze according to the manufacturer's direction, adding the strawberry slices for the last minute. Freeze for about 2-4 hours. Before serving, let stand for 15 minutes at room temperature.

## **228. Hazelnut-Orange Olive Oil Cookies**

**Servings:** 12

### **Ingredients:**

5 ounces (1-1/8 cups) whole-wheat flour  
5 ounces (1-1/8 cups) unbleached all-purpose flour 3/4 cup  
plus 2 tablespoons granulated sugar  
2 large eggs

2 cups toasted and skinned hazelnuts 1/4 teaspoon table salt  
1/2 cup olive oil, extra-virgin teaspoon vanilla extract, pure 1  
teaspoon of baking powder

Finely grated zest of 2 medium-sized oranges (about 1 1/2  
packed tablespoon)

### **Directions:**

1. Put the hazelnuts in a food processor; process until finely ground. In a medium bowl, whisk the ground hazelnuts, flours, baking powder, and salt until blended. Beat the eggs, oil, sugar, orange zest, and vanilla on LOW speed for about 15 seconds or until the sugar is moistened. Increase the speed to HIGH; mix for 15 minutes more, or until well combined; the sugar will be dissolved at this point. Add the hazelnut mixture; mix on LOW speed for about 30 to 60 seconds or until the dough has just pulled together.
2. Divide the dough into 2 portions. Pile one of the doughs on a piece of parchment paper. With the aid of the parchment paper, shape the dough into a 2-inch diameter 11-inch long log. Wrap the parchment around the log, twisting the ends to secure it. Repeat the process with the remaining dough. Refrigerate and chill for about 1 hour or until firm.
3. Position the oven racks in the lower thirds and the oven's upper position; preheat the oven to 350F. Line 4 pieces of cookie sheets with nonstick baking liners or parchment paper.
4. Unwrap the logs. Cut the logs into 1/4-inch thick slices. Set them 1-inch apart from each other on the prepared sheets. Place 2 baking sheets in the oven; bake the cookies for about 10 minutes or until the cookies are lightly golden around the edges and on the bottoms, swapping and rotating the sheets halfway through the baking. Let the cookies cool

completely on racks. These can be kept in an airtight container at average room temperature for up to 7 days.

## **229. Greek Cheesecake**

**Servings:** 10

### **Ingredients:**

4 eggs

250 grams whole-wheat digestive cookies 125 grams butter, melted

1/2 tsp cinnamon

1/2 cup sugar

1/2 cup honey

teaspoon vanilla extract 1 teaspoon lemon zest

1-kilo white mizithra cheese, fresh or anything similar like ricotta

For the topping:

750 grams black cherries, pitted leaves gelatin

300 grams of sugar

### **Directions:**

1. Process the digestive biscuits in a food processor until crumbled. Add the butter and cinnamon, process again until the mixture is similar to wet sand in texture. Press the mixture into a 20-cm springform tin, pressing some of the mixtures up the tin's sides to make a ridge. Refrigerate until ready to use.
2. Preheat the oven to 180C.
3. Beat the sugar and the cheese together until creamy. One by one, add in the eggs, the lemon zest, the vanilla extract, and honey. Pour the cheese mixture over the refrigerated biscuit base.



4. Place the springform tin in the oven, and with the oven door ajar, bake for 30 minutes or until firm. Getaway the cake from the oven and let cool.
5. Meanwhile, prepare the cherries. Place the gelatin leaves in a bowl with cold water; soak until soft. Put the sugar and the pitted cherries into a frying pan, heat over a high flame, or hear; stew for about 6 minutes or until the cherries release their juices. Add in the softened gelatins; stir well until well mixed. Getaway the skillet from the heat and let cool for a bit. When slightly cool, pour over the cooled cheesecake.
6. Refrigerate until the cherry topping is set. Serve cold. If desired, serve with vanilla ice cream.

## **230. Watermelon-Strawberry Rosewater Yogurt Panna Cotta**

**Servings:** 4

### **Ingredients:**

500 g seedless watermelon, peeled, and cut into 5-mm pieces  
3 teaspoons rosewater  
250 ml honey-flavored yogurt  
250 ml (1 cup) thickened cream  
2 teaspoons gelatin powder  
2 tablespoons caster sugar  
10 strawberries, washed, hulled, and cut into 5-mm pieces  
tablespoon hot water  
Honey, to serve  
Vegetable oil, to grease

### **Directions:**

1. Brush 4 pieces of 125 ml or 1/2 cup dariole molds with vegetable oil to grease.
2. Put the yogurt into a large-sized heat-safe bowl.
3. Place the sugar and the cream into a small-sized saucepan and heat over medium heat; stir until the

- sugar is heated through and the sugar is dissolved.
4. Place the hot water into a small-sized heat-safe bowl. Sprinkle the gelatin over the hot water. Place the bowl into a small-sized saucepan. Add enough boiling water to fill the saucepan about 3/4 deep on the side of the bowl. With a fork, whisk the mixture until the gelatin is dissolved.
  5. Add the gelatin mixture and the cream mixture into the yogurt, whisking until well combined. Strain the mixture through a fine sieve over a large-sized jug. Pour the strained mixture into the prepared molds. Cover each mold with a plastic wrap. Refrigerate for at least 6 hours or overnight until set.
  6. In a medium bowl, combine the strawberry, watermelon, and rosewater.
  7. Turn the Panna cottas into a serving bowl. Spoon the strawberry- watermelon over each panna cotta. Drizzle with honey and serve.

## **231. Mascarpone and Ricotta Stuffed Dates**

**Servings:** 5

### **Ingredients:**

125 g fresh ricotta 125 g mascarpone  
2 teaspoons finely grated orange rind 30 pieces fresh dates  
45 g (1/4 cup) icing sugar mixture For the Frangelico syrup:  
80 ml (1/3 cup) Frangelico liqueur 125 ml (1/2 cup) water  
215 g (1 cup) caster sugar

### **Directions:**

1. With an electric beater, beat the mascarpone, icing sugar, ricotta, and orange rind into a large-sized bowl until the mixture is smooth.

2. Cut a slit in each date. Remove the stones and discard them. Spoon 1 heaped teaspoon of the ricotta mixture into each date.
3. To make the Frangelico syrup:
4. Put the water and the sugar into a medium-sized saucepan. Heat over low heat; cook for about 2 to 3 minutes, stirring until the sugar is dissolved. Cook for 5 minutes without stirring or until the syrup is slightly thick. Stir the Frangelico liqueur. Remove from saucepan from the heat, set aside for 30 minutes to cool.
5. Put the dates into a serving platter. Pour the Frangelico syrup over the dates. Sprinkle with hazelnuts and then serve.

## **232. Mediterranean Stuffed Custard Pancakes**

**Servings:** 10

### **Ingredients:**

For the batter:

2 cups flour

1/2 cup whole-wheat flour 2 cups milk

Cup water Teaspoon yeast

Teaspoon baking powder 1 teaspoon sugar

For the custard:

cups whole milk

cups fat-free milk or 2 % milk 1 cup heavy cream

tablespoons sugar

1/2 cup cornstarch 1/2 cup water

7 pieces medium-sized white bread, crust removed

1 tablespoon rose water

1 tbsp orange blossom water

For the topping:

1 cup pistachio

1 tablespoon honey or simple syrup

**Directions:**

For the custard:

1. In a medium-sized skillet, pour in the milk, heavy cream, cornstarch, and sugar; heat the mixture, stirring.
2. Cut the bread into pieces and add into the skillet; stir until the mixture starts to thicken. Add the orange and rose water; stir until the custard is very thick. Remove from the heat and then pour into a bowl; let cool for 1 hour, stirring every 15 minutes. Cover with saran wrap and then refrigerate to completely cool.

For the batter:

1. Mix all batter ingredients in a mixing bowl, stirring until well combined; let sit for 20 minutes.
2. Over medium-low flame or heat, heat a nonstick pan. Pour 1/4 cup-worth of the batter to make a 3-inch diameter pancake; cook for about 30 seconds or until the top of the batter is bubbly and no longer wet, and the bottom is golden brown. Transfer into a dish to cool. Repeat the process with the remaining batter.

To assemble:

1. Take out the bowl of custard from the refrigerator. Transfer the chilled custard into a piping bag.
2. Fold pancakes together, pinching the edges to make a pocket. Pipe the custard into the pancake pocket, filling it. Repeat the process with the remaining pancakes and custard. Top each filled pocket with the ground pistachio. Refrigerate until ready to serve. To serve, transfer the custard-filled pancakes into a serving plate; drizzle with honey or simple syrup.

## 233. Mediterranean Cheesecake

**Servings:** 8

### **Ingredients:**

package (8 ounces) cream cheese

1/4 cup sour cream

1/2 cup condensed milk, sweetened

5 tablespoons sugar, divided Tablespoon vanilla

1 tablespoon orange blossom 1 tablespoon rose water

1 tablespoon orange zest 1 egg

1/2 cup butter

Cup phyllo dough or kadaifi 1/2 cup toasted coconut

1/2 cup pistachios 1/2 cup simple syrup

### **Directions:**

1. Preheat the oven to 325° F.
2. With a hand mixer, mix the condensed milk, cream cheese, and sour cream in a large bowl until well blended. Alternatively, you can blend them until well blended.
3. Add the orange zest, orange blossom, rose water, vanilla, and sugar, blend for 1 minute. Add in the egg and blend for 30 seconds.
4. In another bowl, break the kadaifi into pieces. Add 3 tablespoons of the sugar, and the butter, mix until well combined.
5. Line the bottom and the sides of a cheesecake pan or a muffin tin with the kadaifi mixture.
6. Pour the cheesecake mixture into the cheesecake pan or muffin tin, filling 80% of the container. Place into the oven and bake for 20 minutes. Getaway from the oven and let completely cool before serving.
7. When completely cool, slice the cake into 8 portions, top with the syrup, pistachio, coconut, and glaze

with more simple syrup. Serve.

## **234. Traditional Ekmek Kataifi**

**Servings:** 12

### **Ingredients:**

For the pastry:

Cup kataifi dough

1/3 cup pistachios, diced

1/2 cup butter, melted

For the syrup:

3/4 cup of water

3/4 cup caster sugar cinnamon stick

1/2 tablespoon lemon zest

For the custard:

3 cups milk, cold 2/3 cup sugar 1/3 cup butter

1/3 cup corn starch

4 egg yolks

1/2 teaspoon vanilla extract

### **Directions:**

1. Preheat oven to 340 degrees Fahrenheit.
2. Knead the kataifi dough, spreading apart the clumped together strands to create a more fluffy consistency.
3. Press the kataifi dough into its bottom, forming one even layer. Put the melted butter over the top and place the baking dish in the oven for 30-40 minutes, or until it begins to turn a light brown.
4. While the kataifi is in the oven, you can begin to prepare your custard. Start by placing half of the sugar and all of the egg yolks in a bowl and whisking them together until well combined and bubbly. Then, set the mixture aside for later.

5. In a separate bowl, whisk together 4 tablespoons of milk and all corn starch until well combined. Set this mixture aside for later as well.
6. Pour the remaining milk into a large non-stick pan over high heat along with the sugar and vanilla extract. Stir this together well and bring the mixture to a boil.
7. Getaway the pan from the heat as soon as the milk begins to boil. Set aside.
8. Pour 1/3 of the pan's mixture into the egg yolk mixture and whisk it in until well combined.
9. Put the egg yolk mixture back into the pan and place the pan back overheat, but this time on medium.
10. Whisk continuously as this cooks, until the mixture becomes all qualities of thick, smooth, and creamy.
11. Once the mixture is thick, smooth, and deliciously creamy, remove it again from the heat.
12. Add the butter into the pan and stir it into the mixture until melted and well combined.
13. Transfer this mixture into a baking tray and place some plastic wrap over the top of it. Tip: The plastic wrap should be touching the mixture to ensure it stays creamy.
14. Set this aside, let it cool, and begin to prepare the syrup while you're going strong.
15. Stir the water, sugar, lemon zest, and cinnamon stick together in a small skillet or saucepan over medium heat until the sugar has dissolved.
16. Put the mixture to a boil and let it boil for 3 minutes until it thickens up into syrup consistency.
17. Once it's thick enough, remove it from the heat and let it cool down until it's just warm enough for you to eat it without burning your mouth.
18. By now, your kataifi dough should have been removed from the oven and cooled. If this is not the

case, wait until it is cold. Once the kataifi is cool, spoon the syrup over the top one at a time, giving each spoonful enough time to be absorbed. Then, set it aside to cool completely.

19. Once it has cooled completely, spread the creamy custard over top of the kataifi in a friendly, even layer.
20. Sprinkle the chopped pistachios over the entire thing. You can be as creative as you like! Make a smiley face or a rainbow to impress your friends.
21. Slice into 12 pieces, serve, and enjoy!

## **235. Flaky Coconut Pie**

**Servings:** 8

### **Ingredients:**

11 sheets filo pastry 400 ml coconut cream  
½ cup cashews, chopped  
½ cup caster sugar  
¼ cup butter, melted  
¼ cup shredded coconut, unsweetened 2 eggs  
Teaspoon vanilla extract Icing sugar to garnish

### **Directions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Grease a pie dish with just enough melted butter to cover it.
3. In a medium-size bowl, whisk together the coconut cream, caster sugar, eggs, and vanilla until all ingredients are well combined, and the sugar has to dissolve. Set this aside for later.
4. Pulse the cashews and shredded coconut in a food processor until it turns into mulch. Set this aside as well.



5. Put a piece of the filo pastry on a clean, stable surface and brush a generous amount of butter over it.
6. Roughly scrunch the piece of filo pastry up and place it in the pie dish.
7. Repeat steps 5-6 until the baking tray is full.
8. Once your pie dish is full, pour the coconut cream mixture over the top, making sure each inch of the pastry gets soaked in it.
9. Once you're out of your coconut cream mixture, sprinkle the cashew mixture over the top.
10. Put the pie dish in the oven and let it bake for 25-35 minutes or until the top has turned a nice golden-brown and the pastry has risen.
11. Remove the baking tray from the oven and allow your pie to cool for 15 minutes.
12. Sprinkle the icing sugar over the top, slice into 8 wedges, and enjoy!

## **236. Toasted Almond Biscotti**

**Servings:** 10

### **Ingredients:**

¼ cups whole wheat flour

½ cup of sugar

1/3 cup almonds, toasted and chopped

½ stick unsalted butter melted Small eggs

1 small egg beaten with ½ tablespoon water

½ tablespoons sesame seeds toasted 1 tablespoon orange flower water

teaspoon anise seeds

¾ teaspoon baking powder

½ teaspoon vanilla extract

¼ teaspoon almond extract

**Directions:**

1. In a medium-sized bowl, mix the sugar, almonds, orange flower water, anise seeds, vanilla extract, almond extract, and 2 tablespoons of sesame seeds until well combined.
2. Once all ingredients are well combined, crack the 2 eggs into the mixture and beat them until thoroughly distributed.
3. Once eggs are thoroughly distributed, gradually beat in the flour and baking powder until a dough forms.
4. Place this dough in the fridge to cool for a half-hour.
5. Once your dough is cool, preheat the oven to 350 degrees Fahrenheit.
6. Coat your hands and a clean, stable surface with flour and knead the dough into a rectangular loaf.
7. Transfer this loaf to a baking sheet and brush the egg-water over it until the entire loaf is covered.
8. Once your loaf is covered in egg wash, coat the outside with your remaining sesame seeds.
9. Place the loaf in the oven and let it bake for about 15 minutes, or until it begins to turn a light gold color.
10. Once your loaf has turned a light-gold color, take it out of the oven and transfer it to a cooling rack. Let it sit here for about 15 minutes. Tip: Don't turn the oven off! You'll need it in just a little bit... Once your loaf is cool enough to touch, slice it into 20 pieces, arrange them, and cut side down on another lined baking sheet.
11. Place the baking sheet back in the oven and let the biscotti bake for another 15-20 minutes, or until they have turned a nice golden-brown color.
12. Getaway the baking pan from the oven, let the cookies cool, and enjoy with some tea or coffee!

## 237. Greek Rice Pudding

**Servings:** 2

### **Ingredients:**

1/3 cups full-fat milk 3 tablespoons rice  
tablespoons caster sugar  
½ tablespoon cornflour Teaspoon cold water

### **Directions:**

1. Put a skillet with the milk over medium-high heat and cook until it comes to a boil.
2. Stir in the rice and caster sugar until well combined. Keep stirring until the sugar is completely dissolved.
3. Once the sugar has dissolved, turn the heat down to low and let the mixture cook for 20-30 minutes, or until the rice has cooked. Tip: You'll need to check on this and give it the occasional stir to ensure it doesn't burn.
4. Once the rice is cooked and tender, mix the cornflour and water in a small bowl until smooth yet liquidy paste forms. Use more water if needed.
5. Add the cornflour mixture to the skillet and stir it in until well combined.
6. Let the pudding simmer, continually stirring, until it reaches your desired consistency.
7. Getaway from heat, divide between two bowls, and serve!

## 238. Sesame Seed Crackers

**Servings:** 4

### **Ingredients:**

½ cup sesame seeds  
¼ cup caster sugar Tablespoon honey

**Directions:**

1. Line a baking sheet with parchment paper.
2. Place the sesame seeds in a pan over low heat to toast them. Tip: Make sure you continuously shake or stir the sesame seeds so that they don't burn!
3. Once the sesame seeds are a light-gold color, remove them from heat.
4. Stir the caster sugar and honey together until well combined in a saucepan over medium heat. Keep stirring this mixture until the sugar dissolves and the honey comes to a boil.
5. Once the honey begins to boil, stop stirring and let it do its own thing for a little over a minute. Then, remove the mixture from heat and set aside.
6. Fold your sesame seeds into the honey mixture and mix until they're thoroughly distributed.
7. Once the sesame seeds are evenly spread throughout the honey, spread the mixture out onto the baking sheet you lined with parchment paper earlier. Tip: You have to work fast at doing this! The mixture will harden very quickly.
8. Cover the honey-sesame layer with another parchment paper piece and very gently flatten the mixture with a rolling pin.
9. Leave the mixture to cool before peeling off the parchment paper and transferring it to a cutting board.
10. Using a knife, slice the mixture into as many crackers as you'd like! Tip: This is easiest if you first coat the knife in oil.
11. Let your sesame crackers cool completely and enjoy!

## 239. Avocado & Sweet Potato Cupcakes

**Servings:** 12

### **Ingredients:**

For the Butter:

Cup + 2 tablespoons sweet potato, mashed

1 cup whole wheat flour

$\frac{3}{4}$  cup caster sugar

$\frac{1}{2}$  cup unsalted butter, room temperature Eggs

Tablespoons brown sugar

teaspoon baking powder

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{4}$  teaspoon vanilla extract

$\frac{1}{4}$  teaspoon baking soda

For the frosting:

avocados, mashed

$\frac{1}{2}$  cup agave nectar

$\frac{1}{2}$  cup of cocoa powder

$\frac{1}{2}$  teaspoon vanilla extract

### **Directions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Line a 12-insert cupcake tray with cupcake cups and set aside.
3. Put whole wheat flour, baking powder, and baking soda in a medium-sized bowl until well combined. Set this aside for later.
4. In a separate bowl, beat together the caster sugar and butter until well combined.
5. Once the caster sugar and butter are well combined, crack in the eggs and beat them in as well.
6. Once the eggs are thoroughly distributed, dump in the mashed sweet potato and vanilla extract. Mix this in until well incorporated.

7. Scoop your cupcake batter into the inserts, dividing as you go, and place the cupcake tray in the oven for 10-15 minutes or until the tops of the cupcakes are golden-brown and bouncy. Getaway the cupcake tray from the oven and let the cupcakes sit to cool for a couple of minutes.
8. Once the cupcakes are cool enough to touch, transfer them to a cooling rack to finish cooling.
9. While the cupcakes finish cooling, you can prepare the avocado frosting. Begin by placing the mashed avocados, agave nectar, cocoa powder, and vanilla extract in a bowl. Mix the ingredients until smooth and well combined. Tip: You'll know you're done when the green of the avocados is no longer visible!
10. Once the cupcakes are completely cool, spread the avocado frosting ovetop, dividing it evenly as you go.
11. Plate, serve, and enjoy!

## **240. Vasilopita Cake**

**Servings:** 10

### **Ingredients:**

6 eggs

3 cups whole wheat flour 2 cups caster sugar

Cup milk

Cup unsalted butter, room temperature

$\frac{3}{4}$  cup sliced almonds  $\frac{1}{3}$  cup brown sugar

1 tablespoon anise seed 1 tablespoon honey 2 teaspoons lemon juice

teaspoons baking powder 1 teaspoon vanilla extract

$\frac{1}{2}$  teaspoon baking soda

Optional: A chocolate coin or hard candy

### **Directions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Spray a tiered cake pan down with cooking spray.
3. Put the almonds, brown sugar, and honey in a bowl. Stir together until ingredients are well combined and then set it aside.
4. In a large bowl, beat together the caster sugar and butter until well combined.
5. Once the caster sugar and butter are well combined, crack the eggs in one at a time and beat them in as well.
6. Once the eggs are thoroughly distributed, pour in the lemon juice and vanilla, beating again until well.
7. Beat the mixture together well.
8. Once the flour mixture and butter mixture are well combined, beat in the milk.
9. Pour 1/3 of the almond mixture into the bottom of your tiered cake pan.
10. Once the batter starts to firm up, remove it from the oven and pour half of the remaining almond mixture over it. Plop the gold coin or candy over the almond mixture and top it with the remainder of the batter.
11. Place the cake pan bake in the oven for another 25-30 minutes, or until a fork comes out clean when pierced.
12. Getaway the cake pan from the oven and let it cool for 10 minutes before shaking it out.
13. Top the cake with the remaining almond mixture and serve while it's warm!

## **241. Honey Crisps**

**Servings:** 16

### **Cookie Batter Ingredients:**

1½ cups whole wheat flour

½ cup of corn oil

¼ cup of orange juice

5 eggs (whites and yolks separated) 2 tablespoons lemon juice

2 tablespoons caster sugar 2 tablespoons baking soda

Tablespoon white wine vinegar Olive oil for frying

Syrup Ingredients:

½ cup honey

¼ cup of water

¼ cup caster sugar Tablespoon lemon juice 1 cinnamon stick

### **Directions:**

1. Place the egg whites in a medium-sized bowl and beat them until white peaks begin to form.
2. Once white peaks begin to form, add the egg yolks while you continue to beat the mixture.
3. Once all of the egg yolks are well combined, stir the orange juice, lemon juice, and baking soda together in a separate bowl until the baking soda dissolves.
4. Once the baking soda dissolves, pour the mixture in with the eggs.
5. Add the white wine vinegar and caster sugar to the mix and beat again until thoroughly incorporated.
6. Sift the flour in gradually as you beat.
7. Once the mixture has formed dough, knead it with your hands until it is smooth.
8. Divide into 4 pieces, place each in a bowl, and cover with plastic wrap. Let this sit for 30 minutes.
9. After 30 minutes, roll each piece out into a thin sheet.
10. Put the olive oil in a deep fryer or pan and heat the oil.
11. Cut the dough sheets into rectangular pieces.
12. Once the oil is hot, add about 4 rectangular dough pieces to the skillet and fry. Once the bottom side is golden-brown, flip it to brown on the other side.



13. Once your rectangles are brown, transfer them to a surface lined with a paper towel to finish crisping.
14. Begin to prepare the syrup by putting the honey, water, caster sugar, lemon juice, and cinnamon stick in a small skillet or saucepan over medium-high heat. Stir while the ingredients heat up so that the sugar dissolves.
15. Let the mixture boil for 5 minutes, or until the syrup thickens.
16. Arrange the fried rectangles on a serving plate and drizzle the syrup over the top of them.
17. Serve and enjoy!

## **242. Spanish Cartons**

**Servings:** 8

### **Dough Ingredients:**

- 4  $\frac{3}{4}$  cups whole wheat flour
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{2}$  cup of water
- $\frac{1}{2}$  cup caster sugar 2 eggs
- $\frac{1}{2}$  tablespoon dry double active yeast

### **Icing Ingredients:**

- $\frac{1}{4}$  cups powdered sugar
- $\frac{1}{4}$  cup water, room temperature

### **Directions:**

1. Sift the flour and add yeast water, caster sugar, and eggs. Beat ingredients together, adding the olive oil in as you go.
2. Once a dough-like substance forms, begin to knead it with your hands, making sure all ingredients are well combined.
3. Shape the dough into a ball and place it in a receptacle.

4. Cover this bowl with plastic wrap and leave the dough to sit for 2 hours. During this time, it should double in size.
5. Once the dough has risen, preheat the oven to 360 degrees Fahrenheit and begin to roll them out into long, breadstick-like shapes. These are your fartons.
6. Place the fartons on a baking sheet lined with parchment paper and let them bake for 15-20 minutes, or until they turn a golden- brown color.
7. While the fartons are in the oven, you can begin to prepare the glaze. Start by placing both the powdered sugar and lukewarm water in a bowl.
8. Whisk these two ingredients together until it becomes thick like syrup. Then, set it aside.
9. Once the fartons are done, remove them from the oven and brush them with the glaze while they're hot.
10. Serve with a cup of hot cocoa and enjoy!

## **243. Classic Cannoli's**

**Servings:** 24

### **Shell Ingredients:**

Cup alm1 cup cream cheese, room temperature 1 cup vanilla whey protein

½ cup butter melted 4 egg whites

### **Filling Ingredients:**

1 ½ cups cream cheese 1 ½ cups ricotta cheese

½ cup Swerve

1 teaspoon vanilla

1 teaspoon cinnamon

### **Directions:**

1. Place the ricotta cheese in a coffee filter-lined strainer and let drain in the fridge overnight. Tip: Be

sure to put this gadget over a container to catch the excess liquid!

2. Once your ricotta cheese is drained, whip the egg whites up until they are frothy.
3. Once the egg whites are frothy, add in the almond flour, cream cheese, vanilla whey powder, and butter and beat until the mixture is smooth.
4. Spray a skillet down with cooking spray and put it over high heat.
5. Once the skillet is hot, place 1 tablespoon of the egg white mixture onto it.
6. Let this cook like a mini pancake for 1-3 minutes or until light brown on one side.
7. Flip and let it cook until light brown on the other side. Then, transfer it to a plate.
8. On d flour Roll the pastry into a cylinder shape before it cools and set aside.
9. Repeat steps 5-8 until all of the egg white mixtures have been used up. You should be able to get 12 cannoli shells out of the mixture.
10. After you've run out of egg white mixture, you can begin to prepare the filling. Start by placing the mascarpone cheese, ricotta cheese, swerve, ground cinnamon, and vanilla extract in a bowl.
11. Mix all of the ingredients until well combined.
12. Let the bowl sit in the fridge for at least 4 hours.
13. After the filling has chilled, transfer it to a Ziploc bag and cut the corner off to create a piping bag.
14. Pipe the filling into each end of each shell, letting it overflow a little bit.
15. Enjoy.

## **244. Doughnut Holes**

**Servings:** 10

**Ingredients:**

$\frac{1}{4}$  cups water, room temperature 1 cup whole wheat flour  
 $\frac{1}{4}$  cup corn starch 1 tablespoon honey  
1  $\frac{1}{2}$  teaspoon dry yeast Olive oil for frying

**Directions:**

1. Place the water, whole wheat flour, corn starch, honey, and dry yeast in a medium-sized bowl and beat until well combined.
2. Once all ingredients are well combined, set the mixture aside to rest for a half-hour.
3. Fill a medium-sized skillet half-way with olive oil and put it on the stove to heat to 340 degrees Fahrenheit.
4. Fill a separate bowl with some room temperature olive oil and dip a tablespoon-sized spoon into it.
5. After you've dunked a spoon in the olive oil, use it to scoop up some of the doughnut hole batters and drop them into the hot skillet of oil.
6. Put 5-6 doughnut holes in the skillet at a time and let fry for 1 minute or until golden brown.
7. Once the doughnut holes are golden brown, scoop them out of the oil and place them on a cooling rack (preferably with a paper towel underneath) to finish crisping.
8. Repeat steps 5-7 until all of your batters are used up.
9. Once your doughnut holes have cooled, toss them in a bowl with the honey and cinnamon.
10. Serve and enjoy!

## **245. Sweet Ricotta-Filled Sandwiches**

**Servings:** 6

**Ingredients:**

Cup whole wheat flour

$\frac{1}{2}$  cup water, room temperature 1 small egg

Tablespoons caster sugar Tablespoons lard

1 teaspoon yeast Olive oil for frying Icing sugar to garnish

Filling Ingredients:

cup ricotta cheese

$\frac{3}{4}$  cup caster sugar

tablespoons dark chocolate chips

$\frac{1}{2}$  teaspoon vanilla extract

### **Directions:**

1. Place the ricotta cheese, caster sugar, and vanilla extract in a bowl and mix until the mixture is well combined and smooth.
2. Once the mixture is smooth, add the chocolate chips and stir them in until evenly distributed.
3. Transfer the mixture to the fridge and let it chill for 2 hours.
4. In the meantime, you can work on the sandwich part of this dessert. Mix the yeast, half of the sugar, and the lukewarm water in a bowl until well combined. Then let it sit to activate.
5. While your yeast is activating, sift the flour into a large-sized bowl along with the remaining sugar and lard. Beat this together until the batter is bubbly.
6. Once the butter is frothy, pour in the yeast mixture and knead the batter with your hands until it becomes dough-like.
7. As you knead, crack in the egg and pour in a little bit of water to
8. create a thick, sticky consistency.
9. Once your batter is thick and sticky, let it sit for 1 hour in a covered, greased bowl so that it can rise.
10. Once your dough has risen, pat some flour on your hands and divide it into 6 even balls. Place these on

a parchment paper-lined baking sheet and let them sit to rise for another half hour.

11. Heat a dry fryer or large skillet with the oil until it reaches 340 degrees Fahrenheit.
12. Drop your dough balls into the hot oil one at a time and let them fry until they turn a golden-brown color.
13. Once your dough balls are finished fryer, place them on a surface lined with a paper towel so that they can finish crisping.
14. When the dough balls are cool enough to touch, slice them in half. Now each dough ball is one sandwich.
15. Divide the ricotta cheese filling between each of your sandwiches. You should be able to put a very generous amount in each!

## **246. Ricotta Cheese Fruit Bake**

### **Servings: 6**

½ cups ricotta cheese Egg

tablespoons honey

1 teaspoon lemon zest

Fruit Syrup Ingredients:

Cup cherries, pits removed and diced Tablespoons caster sugar Tablespoons orange juice

Teaspoon orange blossom water

### **Directions:**

1. Place ricotta cheese in a coffee filter-lined strainer and place this in the fridge to drain overnight. Tip: Make sure you place this gadget over a container so that the drained liquid won't spill everywhere!
2. Once your ricotta cheese has drained, preheat the oven to 400 degrees Fahrenheit.
3. Spray down 6 small heat-proof bowls with cooking spray.

4. Place the drained ricotta, egg, honey, and lemon in a bowl and beat this together until well.
5. Divide the ricotta mixture between your 6 greased bowls and place them in the oven for 30-35 minutes, or until they have turned a nice golden-brown color.
6. Once they have turned a nice golden-brown color, remove them from the oven and let them cool.
7. While your ricotta cheese bowls are cooling, you can begin to prepare the fruit sauce. Start by placing the cherries, caster sugar, and orange juice in a small skillet or saucepan over medium-high heat. Stir as it reaches a boil so that ingredients are well combined and the sugar dissolves.
8. Once the mixture is boiling, reduce the heat to medium-low and continue to cook, occasionally stirring, for 20-25 minutes or until the cherries are tender. The mixture takes on a syrupy consistency.
9. Once the mixture is syrupy, remove it from the heat and stir in the orange blossom water until well combined. Then, let the mixture cool a little.
10. Once the ricotta cheese bowls have cooled, divide the fruit syrup over them.
11. Serve and enjoy!

## **247. Anginetti Lemon Cookies**

**Servings:** 4

Cookie Ingredients:

2/3 cup whole wheat flour Egg

½ tablespoons sugar

Tablespoon unsalted butter, warm 2/3 teaspoon baking powder

2/3 teaspoon vanilla extract

1/3 teaspoon grated lemon zest

Icing Ingredients:

cup powdered sugar, sifted 1/3 teaspoon vanilla extract 2  
teaspoons lemon juice  
teaspoons water  
1 teaspoon butter

**Directions:**

1. Start with the cookies. Beat the sugar, unsalted butter, vanilla extract, and lemon zest together until ingredients are well combined.
2. Once ingredients are well combined, crack the egg into the mixture and beat it in as well. Then, set this mixture aside for later.
3. Stir together the whole wheat flour and baking powder until well combined.
4. Gradually add this to the wet mixture, beating it in as you go.
5. Once your cookie dough is smooth and lump-free, begin to dollop it out onto the lined baking sheet.
6. Bake for 10-12 minutes, or until they become a nice golden-brown color.
7. While the cookies are in the oven, you can begin to prepare the icing. Start by putting the butter in a small skillet or saucepan over medium heat.
8. Once the butter has melted, add sugar, lemon juice, water, and vanilla extract, stirring ingredients into the butter until well combined. Tip: If the icing seems to be a bit thick, add a little more water to thin it out.
9. Once the cookies are done, brush the lemon icing over the top while they're still hot.
10. After you've applied the icing, let the cookies sit to cool.

## **248. Mediterranean Bread Pudding**

**Servings:** 6



**Ingredients:**

1/4 of a large-sized lemon, juiced

1/2 cup sugar

8 white bread slices, edges removed, toasted, or more as needed  
2 cups ashta or Lebanese cream, or more as needed

1/2 cup simple syrup

1/2 cup shredded coconut, toasted 1/2 cup pine nuts

**Directions:**

1. Place the pan on the stove and heat over high flame or heat; bring to a boil, continuously stirring. When boiling, let simmer for 5 minutes, continuously stirring, until the mixture is amber in color, being careful it does not burn and turn bitter.
2. Choose a metal pan according to your desired size. Immediately pour the caramel into the pan, swirling the pan to spread the caramel evenly.
3. In a single layer, arrange the toasted bread on top of the caramel layer. Generously pour the simple syrup over the bread and spread it with the ash. If you are using a small metal pan, repeat the bread layer, a drizzle of caramel, and ashta. Generously sprinkle with the coconut and the pine nuts. Cover the pan and refrigerate for at least 6 hours or overnight. When chilled, slice into 6 portion and serve.

## **249. Walnut Crescent Cookies (makes about 20 cookies)**

**Servings:** 4

**Dough Ingredients:**

2 cups whole wheat flour cup corn oil

1/2 cup dry white wine

1/4 cup brown sugar

### Filling Ingredients:

1 cup walnuts, diced 1 apple, shredded  
Tablespoons sugar  
Tablespoons whole wheat bread crumbs 1 tablespoon  
strawberry jam

½ teaspoon cinnamon Icing sugar for garnish

### Directions:

1. Put the corn oil and brown sugar in a large bowl and stir together until well combined.
2. Once well combined, add the dry white wine and whole wheat flour. Beat this in until a dough forms.
3. Once a dough forms, remove it from the bowl and knead it over a flat surface until soft, but not sticky. Then, let the dough sit for 30 minutes.
4. While the dough sits, you can begin to prepare the filling. Start by putting the walnuts, apple, sugar, whole wheat bread crumbs, strawberry jam, and cinnamon in a large bowl.
5. Mix all the ingredients until well combined. Set aside.
6. Preheat oven to 350 degrees Fahrenheit.
7. Once a half-hour has passed, flatten the dough out over a floured flat surface until it is 1/5 of an inch thick.
8. Using a glass cup, cut circles out of the dough.
9. Set the circles aside, roll the remaining dough out again and repeat step 7 until little or no dough is left.
10. Divide the filling between them, dolloping slightly in the center of each.
11. Fold each circle in half over the top of the filling and squish the edges nicely into one another so that none of the fillings can seep out.
12. Line a baking sheet with parchment paper and spread the crescents out over the top.

13. Place the baking sheet in the oven and let the crescents bake for 20 minutes.
14. After 20 minutes, remove the baking sheet from the oven and sprinkle the icing sugar over the top.
15. Serve and enjoy!

## **250. Glazed Mediterranean Puffy Fig**

**Servings:** 8

### **Ingredients:**

2 sheets (from 1 pack of 4 sheets) puff pastry 20 figs or dry figs (dry or fresh)  
8 ounces mascarpone cheese 2 tablespoons butter  
1/2 cup (or 8 tablespoons) honey 1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg 1/4 teaspoon salt  
4 mint leaves, for garnish

### **Directions:**

1. Preheat the oven to 400F.
2. Slice the puff pastry into a triangle and place into a nonstick baking sheet; bake for about 15-20 minutes or until golden brown. When bakes, remove from the oven and allow to cool.
3. If using dry figs, rehydrate for 1 hour and then cut into half. Put the butter into a nonstick pan over medium flame or heat. Add the figs; cook for about 3 to 5 minutes. Add the honey, salt, cinnamon, and nutmeg; cook, stirring, for about 3 minutes. Remove the skillet from the heat and allow to cool for about 5 to 10 minutes.
4. Place a baked pastry slice on a serving plate, top with 1 tablespoon of cheese, some figs, and then drizzle with the glaze. Repeat the topping, if desired. Garnish with the mint leaves and serve.